

立化时代 RVTIMES



2018 • ISSUE 05



The cover design of our fifth issue of RV Times centres on geometric heart shapes. This strongly resonates with the theme of being Appreciative and Virtuous (感恩立德), reminding us that we need a caring heart to show appreciation. As RVians develop appreciation for what they have, they also develop greater empathy and can better contribute to society.

Within these geometric hearts, numerous triangles represent the numerous stakeholders involved in shaping an RVian's values. Developing an RVian to be Appreciative and Virtuous is not the work of an individual, but the collective effort of family, teachers, alumni and the RV community.

The patient nurturing and growth of generation after generation of RVians is symbolised by the concentric ring of larger and smaller hearts. The smaller hearts signify young RVians learning from their seniors, drawing inspiration from their good work and developing the same sound values.

Finally, the lines radiating outward represent RVians reaching out, contributing in their own ways to community, society and nation. With sound core values, RVians are able to add value to a wide range of disciplines and industries as positive change-makers in society.

第五期《立化时代》的封面以几何心型为主要设计，与本期“感恩立德”的主题相呼应，提醒着立化人要有一颗关爱他人的心，懂得感恩。唯有怀抱一颗感恩的心，才能培养同理心，对社会有所贡献。

图中的心型由许多三角形构成，说明了唯有立化大家庭的每一个合作伙伴——家庭、老师、校友以及立化大家庭的同心协力，才能培养具有优良价值观的立化学子。

大大小小的心型形成的同心环象征着培育一代代立化人的历程，里头包含着师长的循循善诱、谆谆教诲。小小的心型则代表着年轻立化学子以学长学姐们为学习楷模，传承优良的美德。

最后，沿着这颗心辐射出来的线条代表着立化人向社会伸出的触角，以自己的方式回馈社会和国家。本着良好的核心价值观，立化人必然能在众多领域中发光发热，成为积极的变革者，为国家、为社会做出贡献。

School Brief 学校简介



On 16 January 1956, the school bell of the very first Singapore Government Chinese Middle School rang in Seng Poh Road. Without a proper school building, the school had to share premises with Seng Poh Primary School back then.

The Singapore Government Chinese Middle School then moved to Strathmore Avenue and later relocated again to Jalan Kuala, off River Valley Road. It was here that the school changed her name to River Valley Government Chinese Middle School (later known as River Valley High School), and had her motto and school song based on the words “立化”.

Over the last six decades, the principals, staff and students of River Valley High School toiled and overcame all odds to nurture countless talents for the country, many of whom are currently forerunners in their own fields.

Owing to her strong Chinese roots and excellent track record, RV was one of the nine pioneering schools selected to run the Special Assistance Plan Programme (SAP)

in 1979. This means that students will offer Chinese and English as first languages. In 1994, RV was also selected to be in the pioneer batch of six schools to be granted the Autonomous Status (AS). Her outstanding holistic performance was again affirmed when she was given the green light by the Ministry of Education to run the Integrated Programme (IP) in 2006. These give RVHS its present status as an S.I.A. school, where S stands for SAP, I stands for IP and A stands for AS.

Today, RV has a population of close to 3,000 staff and students, and a mega campus spanning an area of 7.6 ha, and school buildings fitted with state-of-the-art equipment and technology. RV has certainly grown from strength to strength and become an internationally acclaimed brand name for quality education.

The achievements of River Valley High School are only possible with an indomitable RV spirit. It spells out the hopes and aspirations of the RV community, and seeks to infuse the “Love Thy RV” spirit in all RVians.

Below are five key tenets of the RV spirit:

- Lifelong Learning
好学不倦
- Humble, Respectful and Confident
谦恭自信
- Innovative and Distinctive
创新求异
- Appreciative and Virtuous
感恩立德
- Lead for progress, hand in hand
携手共进



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Principal's Message 校长献词



Each issue of RV Times has been themed around a tenet of the RV Spirit. In the first issue, centred on Lifelong Learning (好学不倦), we shared how the various programmes in River Valley High School prepare our students for the challenges of the 21st century. We also looked at the university undertakings of our fresh graduates, and the career experiences of our established alumni. The second issue chronicled our students and alumni as they respectively embark on creative and innovative school and career pursuits, embodying what it means to be Innovative and Distinctive (创新求异). In our third issue, we spotlighted students and alumni who work passionately with the community, showing us what it means to Lead for Progress, Hand in Hand (携手共进). Subsequently, in the fourth issue, themed Humble, Respectful and Confident (谦恭自信), some students shared invaluable lessons learnt while preparing for the school's 60th anniversary, while other students and alumni invigorated us through their experiences as leaders in school and on their life journeys.

Now, in this 5th and final issue of RV Times, we focus on the final tenet of the RV Spirit – to be Appreciative and Virtuous (感恩立德). All five tenets of the RV Spirit are equally important, representing what RVians strive to exemplify when facing challenges throughout and beyond their education in RV. In the world of today and tomorrow, disruptions are the new normal. Robotics, artificial intelligence and big data are just some examples of disruptions that have redefined the future of work. Societies are becoming ever more complex with divides along ethnic,

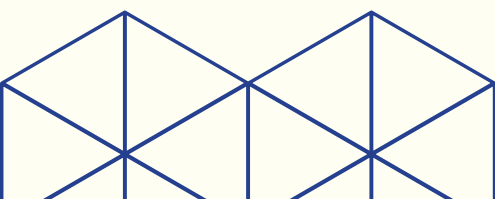
religious, and economic lines. An RVian who possesses these five tenets will be better able to navigate the world of today and tomorrow.

To be appreciative and virtuous (感恩立德), we need to contemplate the path that has led us to where we are. Our identity is constantly refined by significant experiences, but fundamentally defined by our rootedness to the places and people that have shaped these experiences. Our gratitude to our families, our school, our community, and our nation reflects our appreciation of their unfailing efforts to nurture us into who we are today. With this gratitude, the desire to give back is a natural response as we are progressively better equipped to help others. This virtuous cycle benefits generation after generation.

This issue compiles the stories of current and former students who have benefited from their learning experiences in school and have been consequently inspired to contribute in many ways, both locally and overseas. Indeed, over RV's 61-year history, many of our graduates have found their own special ways to positively influence those around them.

My wish is for these stories to inspire generations of students to appreciate their many opportunities for growth and development by doing their part for school, community and nation, thereby living up to our school motto: 立德立功 化愚化顽.

Mrs Teo Khin Hiang
*Principal,
River Valley High School*



School Advisory Committee Chairman's Message

学校咨询委员会主席林理明先生献词



感恩是一种处世哲学，也是做人基本的准则；立德，则是华族传统文化中品德修养的崇高境界。

时光荏苒，立化创校已 61 年了。在新加坡的各个行业、各个阶层领域中，有无数的立化人，不论成就高低、贡献多寡，都在积极回馈社会，努力建设和打造一个更美好的家园。因为，根植于立化学子心中的校训——“立德立功，化愚化顽”，就是指导我们践行感恩立德的修身之本。

立化中学咨询委员会长年秉承感恩回报母校，贡献回馈国家的理念，通过设立梁环清基金和谭德明奖学金，作为对品学兼优的清贫学子的资助和奖励。同时不断开拓各类资源，积极支持和参与学校的各种活动，惠及所有学生。我们也欣喜地看到，在李惠棣校长的领导下，学校在学术成绩、课程辅助活动、创新探索、交流合作等多个领域皆取得了长足的进步，让立化的发展更上一层楼。立化弥足珍贵的精神财富，不仅得以保留，我们更希望一批又一批的学子，能继续把它发扬光大。

本期的立化时代从全方位、多角度介绍了立化学子，在心中牢记感恩立德的信念，在不同的领域回馈母校，造福社会、回报国家。综观他们共同的品质，作为一个有进取心、事业心的人，就是要体现出立德的品格修养，这是人生最基本的品质。

如果把人生比喻成一棵树，那么“立德”，就好像是一棵树的主干；而“感恩”，就是要有回馈意识。当今社会的发展纷繁芜杂，步伐也越来越快，每个人都力图把事情做到最好。但是，一切做事的根本在于做人，一个人无论是在学习中、工作上还是生活里，要时常保有一颗感恩的心，并把这份感恩之心化作行动，帮助其他人。如此一来，我们的社会、国家，才会越来越好，越来越强。

让我们共同努力，创造立化更美好的明天！

Seeds of Fruition: Developing Others

In RVHS, we place great emphasis on developing moral character. Our school values People-Centricity as it teaches students to place people at the heart of what they do and to serve with empathy. This spirit of service and compassion flows from generation to generation as RVians contribute as students and alumni.

In this section, we speak to established alumni who have contributed to the school's success through various school-wide programmes and initiatives, and younger alumni as well as current students who work with their juniors.

Their contributions show how the school value of “感恩立德” – Appreciative and Virtuous – begins right here at the heart of RVHS.



播种： 达己达人

在立化，我们非常重视学生的道德品格发展。我校以人为本的价值观，教导学生要本着同理心服务社会，并将此精神代代相传，成为立化人的基因，从学生时代延续到成年，从校内延续到校外。

本节中，我们访问了致力于推展教育事业，让立化能在各领域有所建树的成功校友。年纪较轻的校友们以及在籍学生也分享了他们与学弟学妹一同合作的感受。

以人为本，从“心”开始 —— 他们对立化的贡献彰显了“感恩立德”的精神。





| 尊师重道 感恩立德



投我以桃 报之以李

——访问李俭宽学姐

李姝凝 (2017, 中四C)

有谁会劳碌了半辈子后，再回到毕业多年的母校，为帮助母校劳心劳力，不辞辛苦？

有谁为了帮助与她不相干的陌生孩子四处奔波，对他们关怀备至？

就有那么一个人，她就是李俭宽学姐。



新春晚会 与校友会成员合影

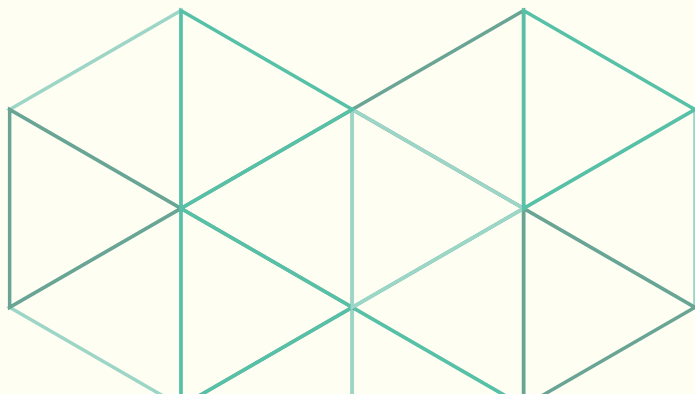
立化情

立化对俭宽学姐的特别意义，大概就是一种亲切感和归属感。那时学校小，人也少，大家的休息时间都一样，天天看到同样的面孔，自然就熟稔，即使不同班不同级也都能结为好友。食堂的摊贩们都清楚他们的喜好，那时，老师们与他们年纪差不多，感觉更像是朋友，会在课下与他们谈天，甚至一同玩

耍。即使毕业后，老师们会打电话问候，或是哪位同学生病住院，老师们也会亲自看望。据学姐所述，有一位老师曾说过即使是他没有教过的学生，若他在外面碰到，也可以一眼认出他们是立化毕业的。就是那一种说不清道不明的亲切感、归属感，甚至说心灵感应，把立化的学子们团结到一起。

每一位老师都是好老师

中学时期的学姐是一个调皮捣蛋、爱玩耍的学生。学姐回忆起毕业后有一次碰到她的老师，老师还记得她以前坐在哪一排、什么位置。学姐惊讶于老师的记性，原来学姐每次坐在窗口旁，上课喜欢望着窗外，问她问题都答不上来。其实，学姐上课不专心是因为学校旁有一座私人组屋，种了很多芒果、榴莲等，学姐就在上课时观察有哪些水果熟了，体育课时就和小伙伴们偷偷溜去偷水果吃，结果有一次被训育主任发现了，便追打学姐们。学姐认为训育主任虽然凶，但对学生们还是很好。每次校友会聚餐时，学姐会邀请当年的训育主任来参加同学聚会或是校内活动，而他次次都会出席，即使后来不幸患病行动不便，他还是乐意参加聚会。这足以说明他对学生们的关心和重视。学姐也总是劝勉那些认为老师看不起他们或经常被老师处罚的同学，要记住老师的好，不要对老师有太多的误解，应该多去看望老师，莫等到将来才后悔。



感恩的心

毕业后，学姐在银行工作 42 年。临退休之际，她开始考虑在退休后是否应该做一些对社会有益的事，这时便想到要回母校帮忙，因而加入校友会。后来，她也加入梁环清教育基金会，帮助有需要的学弟学妹们，这一帮就是五年。这五年中，她做了无数次的家访，在详细了解学弟学妹们的家庭情况以及

所遇到的困难后，会向校友会争取捐款，帮助他们渡过难关。不仅如此，学姐还会主动关心这些学弟学妹的情况，与他们谈心，给予他们精神上的支持，并且根据他们个人不同的需求，尽全力帮助他们——需要工作的帮他们找工作，需要房子的帮他们找房子，可谓是无微不至的关照。



年年岁岁同欢庆 2016 年 60 周年校庆晚宴



其实我帮助这些学弟学妹，从没有期待任何的回报，但我仍希望他们会有一颗感恩的心…希望他们能够带着这份感恩的心，去帮助其他有需要的人，将这份爱传播下去。

至于为什么会如此尽心尽力地帮助这些学弟学妹，学姐是如此回答的：“其实我帮助这些学弟学妹，从没有期待任何的回报，但我仍希望他们会有一颗感恩的心。当他们离开立化的时候，能够跟那些捐款给他们，帮助他们的校友们讲一句谢谢，表达他们的感激之情，这是最为重要的。而且我希望他们能够带着这份感恩的心，去帮助其他有需要的人，将这份爱传播下去。这样捐款者也会感到欣慰，觉得自己的付出是值得的，至少他们将一个良好的价值观传给了学弟学妹们，可以帮助到更多人。”

只可惜，很少人会这么做。很多时候大多数人习惯了索取，就会忘记感恩，把他人的恩惠当作理所当然，不再需要时便头也不回地走掉，连一声谢谢都忘记了。如同学姐所说，其实有时只是一句简单的“谢谢”，就可以触动到捐款者的内心，让他们觉得他们的善举能够影响到他人，可以薪火相传，牵动他们更愿意、更努力去继续帮助他人。

筹募资金的困难

近年来，由于经济放缓，需要帮助的立化学子逐渐增多，但捐款的人数相应减少，筹募到的款项也相对减少。学姐在争取他人捐款时，有时候会遇到一些人对她摆脸色，学姐却从未放在心上，还自嘲地说她是“厚脸皮”，不达目的不罢休。直爽可爱的学姐也跟我坦诚，她有时也问自己会不会有点霸道，不过转念一想，只要最后能筹到捐款，帮助学弟学妹们就好，霸道点就霸道点吧。

当我问学姐是否有想过要为梁环清基金服务多少年时，学姐的回答不禁让我为之动容：“我倒是没有想过到底要帮多少年，我只想到我哪一天能帮忙我都会去帮忙。除非那些捐款者认为他们不愿意再捐款了，不过我想我还是会去说服他们继续帮忙。即使不是金钱方面的援助，通过其它方式也可以。比如你有一个很大的企业，你是否能帮忙给有需要的学弟学妹安排一份工作，让他们可以负担自己的学费，继续学业。这也是一种帮助他们的方式。”听了学姐的这一席话，我不禁觉得眼眶有些酸涩。这种感觉似乎就是即使世界抛弃了你，还有一个人承诺她会坚持帮你争取他人的帮助，让你还有一个人可以依靠。



细水长流 2015 年教师节晚宴 |

感想

记得曾在网上看到这么一句话：我们孤孤单单地来到这个世上，终究也会孤孤单单地离去，每个人都是独立的，没有人有义务对你好。因而我们要感恩父母无私的爱，母校的培育之恩，更应该感恩像俭宽学姐这样素未谋面却愿意帮助我们的陌生人。

感恩是一种美德，是一种态度。它不需要我们功成名就，家财万贯时才来回报，有时只需要一句谢谢，一个鞠躬，一个拥抱，就可以成为支援者最大的推动力，将这份爱传递下去。



校园是我们 扬帆启航 的起点

——访问陈荣南先生



王柳蓉 (2017, 中四C)
郝心宜 (2017, 中三C)

采访校友陈荣南先生，最契合本期“感恩立德”的主题。

陈荣南先生是本地上市公司 Japfa 的总裁，主要经营农产品与食品企业。陈先生十分和蔼可亲，对我们的提问都耐心、热情地回答，整个采访过程充满着欢声笑语，完全不存在与大老板面谈的拘谨。访问期间，我们更深刻感受到他在谈吐间所流露的企业家独有的睿智和儒商风范以及特立独行的个性。



与立化学生
切磋书艺

缤纷校园，青春回忆

立化中学作为陈先生的母校，在他的心中有个很特别的位置。

学生时代的陈先生并不是一个典型的用功学生。少年叛逆的他，喜欢尝试不同的事物。陈先生参加的课外活动是数学学会和管乐队，可他最钟爱的是户外活动——各种球类运动。丰富多彩的校园生活，交织成难忘青春回忆。

懵懂岁月，携手共进

陈先生认为，立化的出众不在于拥有完善的硬件（校园设施）。而

是在于心件——师生同学之情。在他眼里，立化犹如一个大家庭，同学间不存在因为竞争而冷漠自私的行为。大家总是互助互爱，彼此间相互影响，传播热爱学习的思想，也树立积极正面的学习态度。立化的老师们都十分敬业，经常为在学习上需要帮助的同学补课。他们为教育无私奉献，无怨无悔。这也形成了立化优良的学习风气，毕业生的成绩更是有目共睹。

陈先生还说，一个人的价值观以及为人待事之道大多是在少年时期建立的。因此，立化对陈先生有着举足轻重的影响。他表示，在立

化求学的四年为他打下人生事业的基础，无论是智商或是情商，学习方式及待人处世的态度，都终身伴随着他，并帮助他辨明人生的道路和方向。

人要先学会感恩
方能立德，…要
负上社会责任，
造福社群。

| 与学弟学妹们欢聚一堂 分享人生智慧



感恩立德，回报社会

陈荣南先生觉得，在校园所收获的一切都将为我们铺垫未来，值得我们去珍惜。读书是一个学习的过程，除了教科书上的知识，我们更应该珍惜在求学时期所学到的价值观和生活技能。他总结了成功的三个要点：根据所打下的基础，以持之以恒的态度不断进取，并争取每一个宝贵的机会。他说，这些宝贵的知识，立化早就传授给我们，若善加利用，将是我们一生的财富。

陈先生表示，人要先学会感恩方能立德，做生意不是为了图利，还要负上社会责任，造福社群。一个企业的成功依靠的是道德诚信来

维持良好的商誉和关系。他便是秉持了立化所灌输的这些良好价值观来经营他的事业。因为饮水思源，陈先生加入了学校咨询委员会，积极参与教育事业，回报母校；因为感恩，他积极支持学校活动，每年都接待立化学子到他在印尼的农场参观学习。

学无止境，勇闯未来

陈荣南先生觉得，离开校园后代表着一个新的开始，却并不意味着停止学习。他认为，我们应该秉持立化好学不倦的精神，不论是事业还是学业，只有坚持每天学习，才能与时俱进，不被时代淘汰。

陈先生在访谈中特别提到，2016年立化六十周年校庆庆典令他印象深刻。想到母校历经六十年风雨，从过去只拥有小小的足球场的校园，经过多次迁校，如今终于拥有属于自己的校址及美丽的校园，让他颇有感触。如今，母校已发展成西区独一无二的特选中学、直通车、自治学校，他更是为此感到自豪。他认为这一切都离不开历届校长、老师与同学们的艰苦奋斗。他更希望学生们能够不负厚望，好好学习，毕业后为社会作出更大的贡献。



To Cure Sometimes, to Relieve often, to Comfort Always

By Dr Tan Kian Wei Alvin
(Class of 2011)



With a migrant worker and a volunteer during
a free health checkup for migrant workers

A DOCTOR'S LIFE

Medical dramas depict doctors as highly glamorous and heroic, going on missions to save the lives of all who enter a hospital. Reality is more complex. The truth is, there is a substantial number of patients admitted to the hospital who never make it out alive. Each day there are patients who pass away silently without activating code blue when their hearts stop beating or their lungs stop breathing.

One patient had a roller coaster ride of recovery and deterioration in the months he was admitted. Eventually, his condition took a turn for the worse while the family was waiting to bring him home. As we informed the family that he did not have much time left, the patient's son patted the patient on his chest and head repeatedly: "Ah ba,

wake up. We got the maid at home now. We can finally bring you home, we will bring you home soon. Let's go home." That decision to let go – and be a bystander to this scene – still breaks my heart into a million pieces sometimes.

Death ends a life, but not a relationship. It is those who live on who will experience the ripple effect of those who have left. And to this day, despite my growing professional experience, the hardest thing for me is to counsel bereaved family and friends who need the courage to stay strong and move forward with their lives.

These incidents do take a toll on me, both physically and emotionally. While aspiring to become a doctor, you never know what the real deal is until you are in it. Sometimes, you become so numb that work becomes a chore.



**Returning to RV to contribute to my
alma mater always “refreshes” me
and gives me the opportunity to do
something different.**



| Alvin and his Biology teacher -
Mdm Sim (far right) and classmates

| During his exchange at Harvard Medical School



"We make a living by what we get. We make a life by what we give." – Anon.

Returning to RV to contribute to my alma mater always "refreshes" me and gives me the opportunity to do something different. 2017 is my 5th year coaching my juniors. It initially started at the request of my former biology teacher Mdm Sim Lea Kheng, who asked me to teach a few sessions for the Biomedical Olympiad

competition. How could I say no to the teacher who sacrificed so much to help me through the most difficult two years of Biology in Years 5 and 6? As each year passed, I saw that returning to RV to coach offered not just the chance to give back to my school, but also rewarded me by giving me a breather, putting aside my work stress. In some ways, it has become part of my coping mechanism.

RV - A PROTECTED ENVIRONMENT TO GROW

RV has always been close to my heart. Even after experiencing the army, university and currently, medical practice, I look back fondly on RV memories: lasting friendships; carefree days where the biggest worry was to survive the next exam; the positive influences moulding my character and personality.

Candidly speaking, my years in RV included the most rebellious and defiant period of my life but it was also there that I learnt invaluable life lessons. In retrospect, I am very thankful for RV's protected environment as it allowed me to learn the values that developed me as a person, as a leader and most importantly, as a doctor. I still strive daily to practise these. These may not be lesson objectives that you take away from a CID 3 lesson, a D&T lesson, or Project Work class, but they are values gleaned from daily interactions with friends and teachers. All my teachers influenced me a great deal, and I am very thankful to many teachers who sacrificed much time and effort to impart not only academic knowledge but also life skills and lessons that I still remember now as a practising doctor. They say that humble pie is palatable, so learn from everyone – teachers,

With his co-workers during his attachment with a family doctor



friends, canteen “uncles” and “aunties” and school cleaners. They have all taught me many useful lessons in how we should treat each other, and these are life lessons you never forget.

A WORD TO THE WISE

Much has changed in both RV and my life since graduation. But as I move on to future endeavours, I make it a point to never forget the school, all the friends and all the teachers who nurtured (or nagged) me into becoming the person I am today. It might be difficult to see this right now as many of you are overwhelmed by academic stress or the sheer busyness of school life. But take a step back, rewind these memories and say a big ‘thank you’ to those who have created an impact on your life. Find a chance to give back, and you will learn to appreciate life so much more.



Performing with Passion

The River Valley Alumni Chinese Orchestra performed for the first time at the school's 61st Anniversary in 2017. Jeremy Sim Wei Long (Class of 2012), student conductor, shares with us the motivation and process of starting the alumni orchestra.



Our conductor, Mr Lum Yan Sing, always reminded us that our music must first touch ourselves, before it can touch others, and it is a phrase that we carried with us throughout our years in RVCO.

*Jeremy (front row, third from left) with RVCO
after SYF Central Judging in 2011*

PURSUING EXCELLENCE

As I was part of my primary school's Chinese Orchestra, I came into River Valley Chinese Orchestra (RVCO) with prior experience. I thought that I knew a lot about orchestra music and how an orchestra works, but the first combined practice proved me wrong. Till this day, my memory of the first practice is still so crystal clear that it gives me mixed feelings of inspiration and anxiety. During this practice, the newcomers played the role of observers. I realised that not only was the practice intense, but the music produced by my seniors swept me away. "This is it" – the thought came to mind, as I told myself that what I heard back then was what music should be all about – music should be this inspiring. I was impressed by the conductor's rehearsing techniques and was mightily inspired by the music. After that first practice, I realised that the seniors were able to achieve such standards of playing through dedication and hard work. RVCO has always exhibited discipline during



practices. This culture would later influence me to work harder as well and always aim to produce the best music possible. Our conductor, Mr Lum Yan Sing, always reminded us that our music must first touch ourselves, before it can touch others, and it is a phrase that we carried with us throughout our years in RVCO.

| Performing “春” as a gift for the school during RV61 Anniversary Celebrations



VALUING COOPERATION

When it was my turn to take part in the SYF competition back in 2009, I felt the demands of being in an orchestra. I learnt to cope under pressure. In an orchestra rehearsal, there are countless times when the conductor would stop the orchestra and point out certain areas of correction or improvement. You do not want to be the person the entire orchestra has to stop and wait for. Occasionally, our conductor would have us individually perform our parts in the presence of the whole orchestra. The purpose was to have us build confidence, and for the other sections to hear the respective instrumental parts to have a clearer mental image of the musical

piece. Those moments were nerve-racking but exciting at the same time. At the end of the day, these practices taught us the value of being prepared and calm, to anticipate and be aware of the environment.

My most memorable experiences with RVCO are those of concerts rather than the SYF competitions as concert repertoires consist of a greater variety of musical pieces. These concerts also involve students across all levels, which made everything so much more enjoyable. A wonderful memory I had in a concert was the opportunity for a solo performance in 2012, the year of my graduation. The preparation process was very draining, but the experience was absolutely breathtaking.



Performing at one of
the Thye Hwa Kwan
charity roadshows

PASSION AND GIVING BACK TO THE COMMUNITY

One of my treasured memories is that of my management of the ensemble performances for RVCO. As orchestra performances are logistically demanding, I thought that it would be a great idea to bring smaller group of students to perform outside of school. It began as a way for more enthusiastic students to come together more frequently to make music, but later evolved to performing for social or charitable causes. For example, we organised a music outreach with Queenstown Primary School where we interacted with the pupils, performed for them and taught them how to play Chinese Orchestra instruments. Another major commitment was a week of roadshow performances

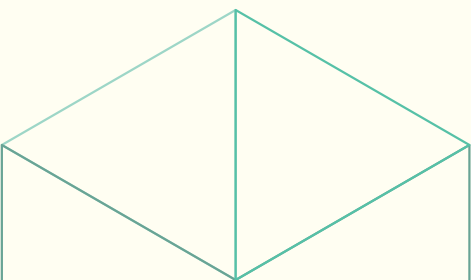
with Thye Hwa Kwan Society where the ensemble performed in shopping centres all across Singapore.

I would like to thank Ms Toh Shao Pin for being so supportive of the idea back then, going as far as to attend school on Saturdays to help ensure that our ensemble practices or external performances ran smoothly.

SHOWING GRATITUDE AND BREAKING NEW GROUND

After graduation, many alumni continued to yearn for the chance to make music together once more. Some yearned for a short few years, while others longed for decades. A few thought of starting an alumni orchestra as an interest group and also to create a more vibrant alumni community. The idea turned into

action last year during a meal I had with my RVCO friends. The process of writing to the school, recruiting interested alumni and establishing an organisational structure took us about half a year. In the process of setting up the alumni orchestra, I want to thank the school for giving us the opportunity and support since our first proposal submission. There were so many people who helped us along the way that I simply cannot list them all here. However, I do want to specially thank Ms Chan Zi Ping for going the extra mile by staying back on Friday nights with the orchestra, and partaking in its practices. Without her, it is safe to say that the RV Alumni Chinese Orchestra would not have been able to take form.



**...many of my fellow RV alumni,
including myself, believe that a
more active alumni community can
contribute even more to the school.**

For its inaugural performance, the RV Alumni Chinese Orchestra gathered sixty alumni to showcase a meaningful rendition during the School's 61st anniversary. It was a privilege and an honour for the RV Alumni Chinese Orchestra to be able to perform at such a massive event. The orchestra dedicated the piece “春”, which conveys the meaning of youthfulness, warmth, and the acknowledgment of a school filled with potential.

Currently, we are in the process of staging a concert on 2 June 2018. This will be the largest alumni activity in RVHS history and we hope that it will be a start to a stronger and more cohesive alumni culture. In the long run, many of my fellow RV alumni, including myself, believe that a more active alumni community can contribute even more to the school.

FINAL THOUGHTS

Being part of an orchestra teaches students teamwork, discipline, organisation, and management. To play music in an orchestra requires that you actively listen, cope under pressure, and it certainly helps to keep you sane amidst the pressure of academic work. Looking back, I am grateful for all the learning opportunities RVCO has provided for its students. The best times I had in RV were with the orchestra. And right now, I am having a great time with the current alumni orchestra in producing music and bringing the RV alumni community a step forward.





“ Wherever the
Art of Medicine
is Loved, there is also
a **Love of**
Humanity ”

- Hippocrates



At play during
a village-wide
sports day in
Chennai, India





Hester (4th from left) and Gary (2nd from right)
after a motivational talk for their juniors in 2012

Dr Hester Lau Chang Qi and Dr Gary Gu Tianyu are RV alumni from the class of 2010. Currently, Hester is a resident in KK Women's and Children's Hospital while Gary is a medical officer at Tan Tock Seng Hospital.

While in RV, both Hester and Gary were committed to science research and community service. Among her many other accolades, Hester won a merit award at the Singapore Science and Engineering Fair and was awarded the A*STAR Science Award (JC) consecutively for two years. Gary's science research also garnered awards at national events such as the Singapore Amazing Flying Machine Competition, Singapore Science and Engineering Fair, NUS Science Research Programme and Research@YDSP.

Both Hester and Gary embraced the challenge to help the community in school and beyond. Hester was active in Taman Jurong's Meet-the-People Sessions, while Gary, as the Science Society president, led large-scale projects for West Zone primary school students, inspiring them to become future scientists.

We interview them to learn more about their thoughts on what the value of 感恩立德 has meant in their lives after RV.



Please share some highlights of your RV experience. Which events or incidents particularly influenced you?

Hester: I joined the Student Council in Year 5 during which we had the opportunity to participate in weekly Meet-the-People Session in Taman Jurong. These sessions exposed me to many societal problems that I never knew existed in Singapore. I was fortunate to meet a group of enthusiastic and inspiring volunteers who went all out to assist the residents. One resident had problems securing a rental unit, resulting in her family (including two very young children) having to sleep in tents at East Coast Park. Upon understanding their situation, the volunteers extended their assistance generously. It dawned upon me that even though I was just a student, I was still in a position to help those who are less fortunate and contribute to society.

Gary: In RV, I had the chance to meet people from other schools and backgrounds through projects and competitions, and later, during National Service. When I asked others their impressions of RVians, words such as “earnest”, “sincere” and

“hardworking” frequently surfaced. On hindsight, these impressions probably stem from RV’s emphasis on character education. Though many of us do not realise this, RV values go a long way to guide and assist in our life choices.

Though many of us do not realise this, RV values go a long way to guide and assist in our future choices.



| Assessing the oral health of a Nepali child



What are some considerations that factored into your decision-making process regarding higher education and your career?

Gary: After graduation, I contemplated between going overseas or staying in Singapore, and whether to study engineering or medicine. I chose the latter in both cases. Looking back, values that were inculcated during my RV years definitely guided my decision. I wanted to choose a profession where I could show compassion and care to people directly, and interact with them on a personal level. For a doctor, such opportunities are available readily and daily.

Hester: I have always been aware of how fortunate I was in RV to have been presented with opportunities that helped me achieve what I have today. Because of the Integrated Programme, I was given the time and resources to embark on scientific research projects under an inspiring and patient mentor, Professor Lai Poh San at the NUS Yong Loo Lin School of Medicine. She guided me in exploring research questions through scientific experiments, a skill that has been really useful in my current profession. My interest is in biology, life sciences and the human body, and from my research experiences in RV, I initially considered being a laboratory researcher. However, after working as a full time laboratory research assistant for 3 months, I felt that the job sorely lacked human interaction. Medicine, on the other hand, involves both research and the human touch - the satisfaction from helping someone makes the long and tough hours worthwhile.

| *Hester at work at KK Women's and Children's Hospital*



Sharing my journey with RV juniors is an indeed an honour and it is uplifting to know that my sharing could encourage and inspire others.

How have the values embodied in 感恩立德 helped you in charting your journey?

Hester: RV gave me the opportunity to hone my leadership skills, which are an integral part of my daily life. In return, I am inclined to give back to RV as much as I can within my means. Since graduating from RV, I have been invited to share my experiences with senior high students exploring Education and Career Guidance, letting them know what studying Medicine is like, or even helping them with their applications and interviews. Sharing my journey with RV juniors is an indeed an honour and it is uplifting to know that my sharing could encourage and inspire others.

While in medical school, I had many opportunities to contribute to society through overseas medical missions and local community health projects. One of my fondest memories was in Cambodia, where I was involved in Project Sa'Bai. We visited rural villages in Phnom Penh to provide free medical screening for the villagers, and gave health education classes to the children. These trips were exceptionally impactful and enlightening because we not only helped the villagers for the duration of our stay, but paved the way for greater medical access all year round. For two years, we developed a network with the local medical fraternity and encouraged Cambodian medical students to join our cause. Now that they are doctors, they sustain the village clinic



to provide medical services all year round. The virtuous circle is indeed a powerful concept!

In fact, in helping others, you sometimes help yourself. The challenges of rural women's health were a revelation to me during Project Sa'Bai and later spurred me to specialise in Obstetrics and Gynaecology.

Gary: One way I show appreciation for the nurturing I have received is to give back to the community at large.

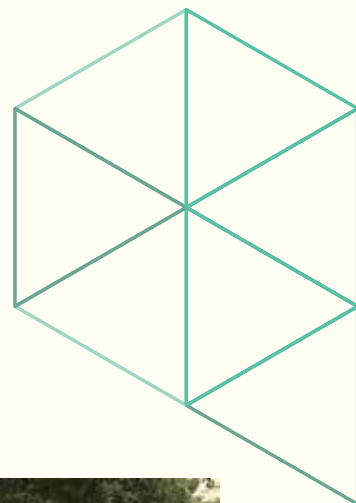
As the pioneer IP cohort, we had no direct seniors to consult regarding career choices or further studies, and back then the career guidance committee was not as robust. As a result, I took quite some time deciding whether to take up medicine. To ease this process for my juniors, I returned a few times to share our journey with other RV alumni during engagement sessions and Fireside Talks. It has definitely been heart-warming to see some I had spoken to join the medicine community.

During my medical school years, I participated in health screenings

locally and medical mission trips overseas. As a medical student, I joined overseas trips to India, Nepal, and China, hoping to be able to benefit the locals by alleviating their ailments. However, I soon realised how idealistic this thinking was. Medically, the most we can do is perhaps to provide medications for temporary symptom relief. Even if we do link them up with local hospitals, there is no guarantee they can or will continue follow up visits. Because of social stigma, even being treated like "normal" children can profoundly enhance the self-worth of HIV-positive children. I was taken aback when a child told me that he was most touched by our playing and spending time with him, rather than the medical camps and educational lessons we conducted.

Although we will not always be there to help, there are locals who can. Thus, by setting an example and involving the locals in serving and giving back to their own immediate community, we can empower them to continue this cycle of appreciation. Perhaps one day, the children we left impressions on will be spurred to do the same when they grow up.





Health screening programme with
local doctors in Guangxi, China



How important are these values for today's RVians?

Gary: “Your thoughts influence your actions; actions become habits; habits become values; and your values will shape your destiny”. This mantra was often repeated during morning assembly by Mrs Look, our discipline mistress; it still speaks to me each day of my life.

A doctor's virtues are constantly tested. Becoming a doctor does not make one naturally into a caring, virtuous person. In fact, it brings one opportunities to prove to be the exact opposite. Though some say medicine is a calling, it is also a job, one with temptations to take shortcuts. When you are awoken by a patient complaining of disrupted sleep at 4am in the morning, it is tempting to prescribe sleeping pills on the electronic medical system and then proceed to go back to sleep yourself. However, the patient may turn out to have had a turn for the worse – perhaps he had a heart attack and was woken up by the pain, only to have been put back to sleep by an

exhausted junior doctor instead of receiving the proper diagnosis and treatment. In such situations, we are presented with opportunities to show compassion and virtue. I pray that these situations do not occur often, but when they do, I hope I have the resilience to rise up to the challenge. I pray that I will be grateful for the chance to show compassion – to treat the patient as I would my family.

Indeed, our choices influence our habits, which in turn shape our values and define our character. RVians will graduate into a world of many trials and unknowns, and this exhortation is invaluable in guiding us to make the right decisions.

Hester: One habit that RV instilled in me is the practice of reflection and appreciation. The field of medicine is not all rosy. We are often so busy we miss meals and gatherings, and no salary justifies the sacrifice of health and family. However, I dwell on the positive: I am grateful for nurses who bring snacks during a very busy night shift; I am grateful for the help and advice from seniors when I am at a loss; I am grateful for patients' understanding when things do not go smoothly. Only with grateful and appreciative hearts can we discover life's abundance and appreciate it even more.

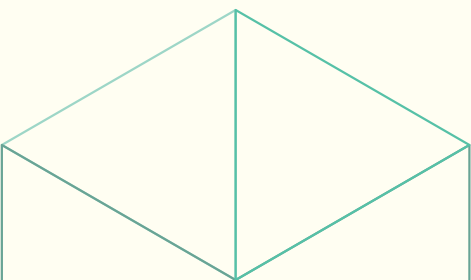


| 2015 年与高二毕业生合影



机缘巧合 终身牵绊

——郑茗心老师访谈录





王柳蓉 (2017, 中四C)
郝心宜 (2017, 中三L)

郑茗心老师在立化执教三十七年，是立化校友，也是我低年级的华文老师。刀子嘴豆腐心的她有时难免让学生们觉得她很严厉。但没有人会质疑她对学生们的那份关心与爱心。

**也许是机缘巧合，
但更是命中注定**

为什么郑老师会选择在毕业后回到立化任教呢？她告诉我们，这是机缘巧合。那时，梁环清校长告诉她立化刚好有教职空缺，便邀请郑老师加入。郑老师觉得立化是她的母校，能回报母校，何乐而不为呢？于是当下便答应了。

郑老师对立化有着一份别样的深情。从少年求学时期开始，加上自1980年任教至今，一晃三十七年！大半生都在这所学校度过，漫长岁月，全情投入。



桃李成行 2014 年立化校友会 35 周年年庆 |



似水流年，回忆里的青葱岁月

在立化的求学时光是郑老师最难忘的青春岁月。那时的她相当活跃，不仅担任班长，更踊跃参加各类文化和体育活动，如篮球、合唱团以及女童军等，生活可谓多姿多彩。

郑老师在访谈中回忆起种种往事，尽是感恩。她说，立化不仅给她留下许多美好的回忆，更给了她伴随一生的宝贵财富——为人处世之道、优良的品德以及学问的基础。由于立化是一所传统华校，特别重视尊师重道。老师和学生们亦师亦友，关系融洽。立化的学习氛围浓厚，却没有太多的压力。

那时候，他们的校园生活精彩程度相比我们的，有过之而无不及。例如，一年一度的声艺比赛（类似今天的立化才华秀 RevelFest），每一班都会呈献自己的班级节目，有些学生甚至不惜花重金去学华族舞蹈，如蒙古舞和筷子舞等。活动当天，校园里到处可见穿着艳丽彩装、民族服装的少男少女，个个兴高采烈，尽情绽放青春美丽。



环游世界 2017 年 9 月
摄于韩国雪岳山

微薄之力，只为当初那份恩情

让郑老师特别难忘的，是在立化六十周年校庆庆典看到许多校友和退休老师。虽然他们都已经毕业或退休，却依然在各方面义不容辞地为立化尽力，时常参与学校的活动以表支持。郑老师说，学校咨询委员会的许多委员都是立化校友，他们为了母校的发展做出很大贡献，不仅设立助学金帮助在籍学生，也为推动学校的活动出钱出力。许多事业有成的校友也不计时间和精力，尽自己所能，回馈母校。在郑老师看来，这就是立化精神！她谦虚地表示，和众多校友们所体现的饮水思源的传统美德相比，自己近四十年在立化的贡献，并不算什么。

至今，郑老师依然感念当年教导过她的老师。在她眼里，每个老师都是好老师，都对所从事的教育事业，鞠躬尽瘁，让人深深感动。

对学弟学妹的期望

立化的历任校长和老师经常教导学生们要饮水思源。这一美德至今都得到很好的传承。郑老师希望未来的立化学子，也能够将其牢记于心，并继续将之发扬光大。

“我觉得，现在的学弟学妹太幸福了，拥有这么美好的校园，这可是历任校长和历届校友们长期努力的结果。有这样好的学习环境，学弟学妹们真的应该好好学习，以期将来更好地回馈社会！”

携手共进 2015 年与
同事合影庆祝生日





| 2017 年教师节与同事合影（后排右二）



扎根母校 百年树人

——洪名利老师访谈录

李姝凝 (2017, 中四C)

冉诗琪(2017, 中三C)

洪名利老师是立化最受欢迎的老师之一，他以爱心、耐心和爱校闻名。

发奋图强

洪老师小时候住在租赁组屋，父亲的工资只能勉强维持生计。艰苦的成长环境让洪老师尤其珍惜学习的机会，推动他发奋图强、不断提醒自己要培养良好的品德和习惯，不断努力求上进。他的自律获得父母的信任，总是给予他鼓励，甚少干涉或压制他，让洪老师能快乐成长。

追求卓越

洪老师表示，立化对他的影响很大，特别是在数理科方面。求学时期，洪老师在学习上遇到困难时，一定会主动找老师解惑。据洪老师回忆，那个时候，老师们的教学方式很适合他，其中数学老师符亚利老师对他的影响最大。在中一中二年级，洪老师的数学成绩并不优秀。到了中三，他开始接触高数，学习碰上了困难。当时，符老师便委任

他为数学科代表，给了他自我提升的动力。比如，在课堂上，符老师经常让他在毫无准备的情况下到白板解答数学题。洪老师认为，那是一个激励自己的好机会，所以他不敢辜负老师的期望，通常在上课前都会预习第二天要解答的数学题。因为这样，他比其他同学多做很多练习题，成绩也突飞猛进。他也因此对数理科产生了浓厚的兴趣，鼓励自己要接触更多知识，偶尔还会参加一些班级数学和电脑竞赛，也会帮邻里的同学补习数学。因为对数学的热爱，洪老师在高一选科时选择了两门数学，即使上了大学他还继续专攻数学。

…（洪老师）认为他能有今天的成就，是立化造就了他。

回报母校

帮别人补习数学的经历为洪老师日后的教师生涯奠定了基础。他认为教育是非常有意义的事，加上高中老师的激励，使他更想成为一名作育英才的教师。高中毕业后，洪老师成功申请到奖学金，投身教育行列。洪老师之所以会回到母校任教，也是因为他认为他能有今天的成就，是立化造就了他。

化愚化顽

洪老师在教育学院上课时，有位讲师曾告诉他：“就算数学是个很复杂的科目，也要想办法弄清楚和将之系统化。这样，学生学起来才比较容易。”这番话给洪老师很大的启示，本着这个教学理念，他的教学宗旨便是让学生对数学有清晰的概念。

洪老师认为，自己只是一名普通的数学老师，他最大的愿望就是学生能在上数学课时快乐地、有意



年少时候的洪名利老师（前排右三）

义地学习。最重要的是，他希望学生们能明白课上所教的内容，并在解答数学题目时培养坚持不懈、克服困难的精神。在洪老师眼里，立化没有冥顽不灵的学生，他们个个都有自觉心。除了有些学生经常拖欠功课以外，大部分学生的表现都很好。对那些拖欠功课的学生，洪老师也有一套教育方法。他让学生明白什么是将心比心，要他们想象，如果自己将来当上领导，而他们的下属一直拖延工作进度的话，他们会怎么做。这培养了学生的同理心，也加强了他们的责任感。

教书多年，洪老师在教学生涯中自然会碰到一些困难，但这并没让他却步。出于对母校的深厚感情以及他对数学和教学的热爱，洪老师认为一切困难皆可以克服。洪老

师也与我们分享了他对教书这一行业的感受。在他看来，身为教师，最大的牺牲便是休息时间不足。其他的行业可能是朝九晚五，有固定的工作时间，但教师的作业批改量特别大，备课时间也比较长，因此他经常要工作至深夜才能休息。除此之外，教师也需要有极强的应变能力，随时处理突发状况。

洪老师教学认真，碰到有些班级需要额外辅导，他便抽出更多的时间去指导他们学习。他认为，身为老师，不能拖延学生的学习。若他们在学习上有任何疑问，老师应该及时澄清。也因为这样，洪老师为教育贡献了自己二十五年的青春，但他对此毫不后悔，因为这是他喜欢的职业。



■ 那些年我们留下的身影（第三排右三）

立化情深

在洪老师心里，立化是一所有着优良传统的顶尖学府，同时也是一个充满人情味的地方，能在这里工作是一件非常快乐的事。

针对学生应该如何实现“感恩立德”这个问题，洪老师认为，学生应该从基本做起——互相帮助，团结友爱，尊师重道，不耻下问。将来踏入社会也应该保持谦虚的态度。对于帮过自己的人，都要秉持感恩之心，无论对方的阶层高或低，都应该彼此尊重。立德不在于功德的大小，学生可以从学校内部做起，看到自己的同学有做得不对的地方应勇于指出，并且帮助同学一起改善。踏入社会后，也应该尽量贡献自己的一份力量，为我们的社会出一份力。可以说，洪老师就体现了

感恩立德的精神，以身作则，在校友会贡献了足足 10 年的时间，帮助校友会筹备和组织各类学校活动例如校庆、教师节等活动。

结语

访问结束前，洪老师向我们透露，他最感恩的人是他的母亲。从她的身上，他学到了刻苦耐劳，永不放弃的精神，碰到困难不要气馁，只要努力便一定会有回报。母亲在他很小时就教导他做任何事都要认真。洪老师也时刻提醒自己在各方面提升自己。虽然洪老师的家境并不富裕，他却依旧本着从小养成的“永不放弃、努力不懈”的价值观，推动着他在成长道路中披荆斩棘，取得成功，成为学生们的表率。



感恩在心 奉献在行

——采访校友容镌程

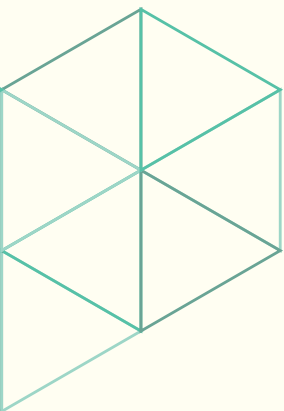
戴雅雯(2017, 中四C)

张子芊(2017, 中三B)

“滴水之恩，当以涌泉相报”。自古以来，感恩之心被视为人类不可或缺的美德。立化一向以传承华族文化为己任，希望感恩立德的精神能如甘露般，灌溉并滋润着一代又一代的立化学子们。



| 虚怀若谷，勇于追梦



那时在学习和课程辅助活动的严格要求，也在日后逐渐上升为工作时的责任感和精益求精的态度。

打下基础 自信严谨

每个成功者的背后都有无数个要感激的人。对于在新加坡谷歌公司工作的容铸程学长来说，那些曾为他照亮前进道路的引路人，无疑就是立化的老师们。容铸程学长是来自中国的留学生，毕业于2002年。他从新加坡国立大学计算机系毕业后，由于对发展方向、自身兴趣的了解还不够，他从众选择，到投资银行工作。后来，学长发现到自己在信息科技方面，其实更具有创新灵感和浓厚兴趣，所以毅然放下所有，从头开始，转战IT行业，

进入新加坡谷歌公司从事网络广告设计工作。面对还在求学的我们，学长再三强调：“要敢于尝试不同的领域，发掘自己的潜力，选择最感兴趣的工作。”

在采访中，学长由衷地感慨，他拥有今天的成就，多亏在立化打下的基础。当时从中国到新加坡留学，他对立化的第一印象是这所学校对学生的要求过于严苛、太注重规矩。他起初并不能完全理解和适应，但多年后进入职场工作时，才渐渐发现在立化那短短的两年时光使他获益匪浅，不仅为他面对未来的挑战做好准备，也让他更加自信。

正是岁月的洗礼让人逐渐变得成熟独立。在决定自己的人生道路及职业的选择上，学长觉得立化扮演了十分重要的角色。中学时代是

大多数人价值观定型的时期，而立化严谨的教学方式恰恰是培养学生正确价值观的良方。学长也多次表示，当初老师们的严格要求，在他看来更觉得是诸多束缚和管教。年少无知的他并不理解，甚至不喜欢如此严苛的教学风格。可到了此时，心中留下的却是无限的感恩之情。那时在学习和课程辅助活动的严格要求，也在日后逐渐上升为工作时的责任感和精益求精的态度。

努力工作，也有生活情趣 |





感恩立德 铭记于心

谈到感恩立德，学长说他最感激的便是立化那代代传承、互帮互助的传统。因为那个时候，他孤身一人离乡背井到新加坡求学。初来乍到，面对一切都陌生的环境和事物，他没有倾诉和求助的对象，因此便认为凡事都须要独自面对，面对任何问题也得自己解决。可没想到的是，老师们、学长们事无巨细地关心、照顾他的学习生活，令他倍受感动。

在记忆中，立化有着家一般的温暖，老师们无微不至地关心学生的学习进度和生活近况，从不因为这些事不在自己的职责范围内就漠不关心，而是把他们当做自己的孩子一样管教约束。谈及此处，学长的脸上洋溢着温暖的笑容，还特别提到那时因为有同学不能控制自己过度花钱的习惯，身为监护老师之一的林金珠老师要求学生们每月

令人难忘的同学情 |



汇报开销，着手管起了留学生们的花费习惯。还有目前在立化任教，大他们一届的周鹏学长，无论是在上学时期或是大学毕业后，都给予了他很多的引导和帮助。这些回忆中的点点滴滴，让他明白了感恩立德的道理。学长深有感触地对我们说，立化的学弟学妹们以后应该尽可能地帮助别人，为立化做出贡献，将携手共进的精神代代传承。

回馈母校 奉献在行

身为立化校友，学长也用现在所学回馈母校，将“感恩立德”的精神发扬到极致。为了报答曾经给予他家一般温暖的母校，几年前他曾和洪名利老师一同改善学校的电脑系统，为学生在选修科目时提供更大的便利。如今，学长也未曾忘记时时关注立化的动态，希望能为母校的发展贡献自己的一份力量。访问过程中，他还不忘关心我们的学习情况，再三叮嘱若有需要帮忙之处，可以随时向他咨询。

学长也不忘为母校的发展提出看法。他说：“现今世界发展迅速，机遇也很多，新加坡也需要更多创新型的人才。立化学子应敢于实践，

敢于尝试，争取将自身优势最大化。立化的学生很聪明，在老师的引导下，必定能发挥潜力。”

谈及工作上所应具备的能力，学长说：“在工作岗位，首先要处理好人际关系，适应工作环境，逐一针对性地解决问题，有勇气面对变化莫测的挑战，包容不同文化的差异并且汲取他人的长处，才能开阔自己的眼界。”

确实，我们应该感恩新加坡是个多元化社会，因为正是通过这种独特的多元性，才有了更多发展的机会。面对工作中的重重考验，学长不忘立化老师们的谆谆教诲，时刻以一种谦卑、自信、懂得感恩的

态度迎接挑战，这种不忘本的精神也正是立化学子应该学习并发扬光大的。

采访近结束，学长也为立化学子送上寄语：“希望学弟学妹们珍惜在立化的时光。等若干年后回过头来看，你们就会明白在学校学习的这几年很重要，而老师们做的所有事都是为了我们好。”

立化代代相传的“感恩立德”的精神，教育着我们保留一颗谦卑之心，懂得知足，学会奉献，在人生的漫漫长路上有所追求，实现自我的价值。





River Valley Girl Guides |



Keeping the Guiding Spirit Alive!

By Low Li Xuan (6G)
Wee Pui Ying (6M)

REMINISCING ABOUT OUR GUIDING DAYS

Currently in our sixth year as River Valley Girl Guides (RVGG), we definitely have no regrets joining this family. At the beginning, we were rather apprehensive as we did not know what to expect. Timid and inexperienced, we were afraid to step out of our comfort zones and had reservations interacting with our seniors. However, through the variety of activities in the Girl Guides, we have grown to be more confident and proactive.

PERCEPTIVENESS

The 5-point programme, a key component in Girl Guides, aids us in developing ourselves holistically. More significantly, we learnt how to perceive our surroundings differently. The 5-point programme is a structure that anchors Guiding programmes to enable Guides to develop in the five areas. It begins from individual, expanding to family, community and finally international. Having our activities centred around these five components, we were able to gain both microscopic and macroscopic views of the world, which developed our perceptivity. We were able to understand how events unfolded through different perspectives.

PERSEVERANCE AND COMMUNICATION

One key activity centered around the 5-point programme is the annual outdoor camp. We vividly remember our very first outdoor camp. It was definitely a camp unlike any other as it was a challenging yet exciting one. We had the chance to apply what we learnt, such as building tents, racks and even a kitchen shelter. These skills may seem irrelevant in an urban environment, but learning them taught us many intangible skills such as perseverance and communication. We learnt to stay on course no matter how challenging the task may seem and communicate effectively with our group mates in order to accomplish our task in the shortest time possible. Most importantly, there was more inter-level bonding through games and the campfire. The three days spent at the camp provided us with the opportunity to hone our various Guiding skills with the support and encouragement of our seniors.

LEADERSHIP

Another highlight of our experience in Girl Guides was the many opportunities that were given to hone our leadership skills. We were appreciative of this as we were presented with a safe environment where we could build up our confidence.

Li Xuan: One particular opportunity that was entrusted to me was to be

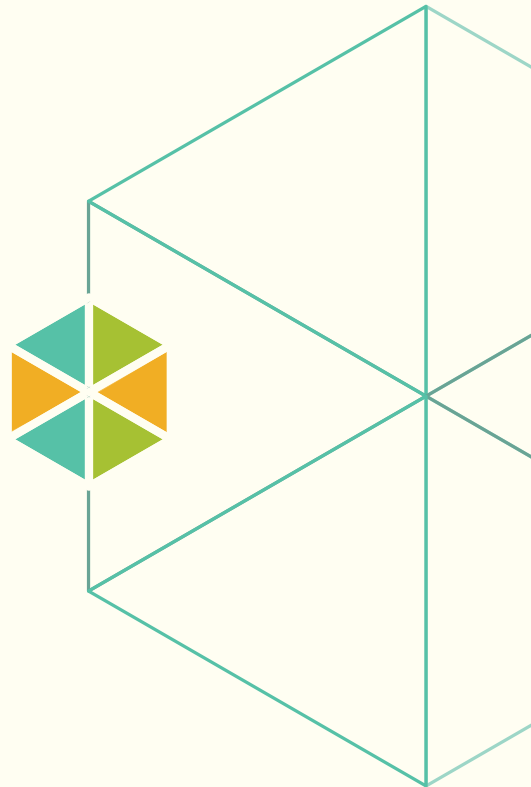
Young Adults lighting up the campfire during the annual outdoor camp



the Contingent Commander of our National Day Parade in 2014. It was definitely an eye-opening experience and I was extremely grateful for this opportunity. This event served as a springboard and motivated me to participate in other larger-scale events, further developing my leadership skills.

We have benefitted through learning skills such as perceptiveness, perseverance, communication and leadership. All these experiences that being a Girl Guide entails were challenging, tiring but nevertheless enriching.

It was only after we became the leaders of the company that we learnt to appreciate what the seniors had done.



| Li Xuan as Contingent Commander of NDP 2014



THE NEXT STEP FORWARD

GRATITUDE

We are extremely thankful for these opportunities given to us through Guides and after all that we have benefitted, we were keen on contributing even after we had stepped down so as to help our juniors in their Guiding journey. We have learnt so much from Guides and we want to continue to instill passion in our juniors.

Our seniors also inspired us to form Young Adults, a continuation of Guides, in River Valley. As juniors, we were unable to comprehend the need for a high level of discipline in Guides. It was only after we became the leaders of the company that we learnt to appreciate what the seniors had done. We were inspired by seniors who led and helped us develop ourselves, and we are determined to do the same for our juniors.

DEVOTION

Currently, as Young Adults, we want to do something different that could value-add to our current CCA system. We believe strongly in nurturing our juniors using the skills we have learnt. Thus, we committed to developing

our juniors in other areas. We organised various events in view of this, enabling our juniors to develop themselves by leading their juniors and thinking more about their future.

One of the events that we initiated was the inaugural Alumni Gathering, where we invited our graduated seniors back for an outdoor cooking-cum-sharing session. We conceptualised the gathering to be casual and friendly, creating a comfortable setting for the seniors to interact with the juniors. It was

a platform to allow the seniors to show their appreciation to Guides by giving back. The seniors, consisting of ex-RVians of different ages, had a variety of experiences to share. It was definitely a meaningful evening for past and current Guides.

We also participated in the annual RVGG November Camp at Camp Christine to pass down both tangible and intangible skills that were taught by our seniors, for example tent building and firelighting, as well as leadership and observation skills.



Young Adults participating in outdoor cooking during their annual camp |

Young Adults with
the Guiders



OUR GUIDING LIGHT

Furthermore, we work hand-in-hand with our Guiders (teachers-in-charge) to bring RVGG to greater heights. Our Guiders have given us unwavering support throughout our 6 years and taught us many valuable lessons along the way. As we are inexperienced in many areas, our Guiders were able to provide valuable insights and guide us along our endeavors.

Special thanks goes out to Ms Loh Wan Ting, Ms Tay Jieqi Isabella, Ms Siti Rohaya Johari, Ms Christiyani Kabul and Ms Chang Kai Ling Corina for their constant guidance.

Inspired by the dedication and love they display, we also strive to become role models for our younger Guides.

TO OUR YOUNGER GUIDES

We hope that our love and enthusiasm for Girl Guides will inspire you to feel the same and be able to pass down the skills and passion to future batches of Girl Guides. As you go through this journey, may your fortitude and joyfulness guide you along the way.

Girl Guides will continue to achieve greater heights, and most importantly develop the girls into disciplined, confident and capable young ladies!



Tiffany (left) and a Year 5 Junior with British High Commissioner, Mr Scott Wightman, at RVMUN 2017 Opening Ceremony



RVMUN 2017: Empower Change

River Valley Model United Nations (RVMUN), in its fifth year running, attracted a large number of participants from various schools around Singapore and in the region. We speak to Tiffany Foo (6S, 2017) and Christine Ow (6I, 2017) to understand more about their journey with RVMUN.

How did you first get involved in RVMUN?

Tiffany: My MUN journey started at the Yale-NUS College Asia Pacific Model United Nations 2015 with the support of Ms Serene Teo. RV provided the encouragement and training for me to be exhilarated by the experience, and I continued attending similar conferences. From there, I attended RVMUN 2015 as a delegate with the aspiration to organise it one day.

Christine: I was introduced to the concept of the Model United Nations in Year 4, and I attended a few conferences after the encouragement of my teachers. My first involvement with RVMUN was in the capacity of a participant (delegate) in 2015. I had a lot of fun over those three days, so I applied to be a chairperson in 2016. I made it past the interviews, and by a stroke of luck become a secretariat member for RVMUN 2017.





*Tiffany (third from left) and Christine (fourth from right)
with School Leaders and Guests-of-Honour*

What defines your RVMUN experiences?

Tiffany: RVMUN has always given me the feeling of family, that at RV, it isn't just debating or competition. It is more than that, it is the bond that ties us together and a deep sense of unity that is forged through the challenges faced each year.

What is your main takeaway from RVMUN?

Christine: Our teacher-in-charge loves to describe RVMUN as one big family, and that truly resonates with me. Being a small CCA with rapid leadership transitions, Humanities and Current Affairs Society, HACAS does not give members much time to bond socially. But, it is also because of that that our bond is very unique. Here we just "click", and the seniors are always very welcoming to the juniors. We do our best to make the environment home-like and welcoming, so that people will feel less intimidated.

Tell us about 3 values that have stuck with you throughout this RVMUN journey.

Tiffany:

- *Aim High*

As a delegate, I regretted not pushing myself harder at my first conference, and thus, in my subsequent RVMUN journey, I was inspired to take things further than before. I didn't want to settle for what we had already achieved and I felt that we could set new records for RV. Hence, my team and I set new targets and worked even harder to bring RVMUN to new heights which paid off in the end given the outstanding feedback we received.

- *Empathy*

Something I picked up along the way was empathising with the needs of our participants. RVMUN has consistently positioned itself as a conference geared toward welcoming new delegates to MUN and I think a vital skill we exhibited was empathy, understanding the concerns and needs of our participants to ensure that they felt welcome and had an amazing maiden experience. Whether it was making the effort to walk a delegate to her committee room personally, or writing an additional guide to facilitate their learning, it is necessary to empathise with their situation to best cater to their needs.

- *Gratitude*

Gratitude is an important value that we tried to exemplify at RVMUN 2017. I felt that we should always be thankful for the contributions and hard work of those who have worked tirelessly to deliver a wonderful event. Hence, we made special effort to thank our teachers-in-charge, as well as the Secretariat. We also showed gratitude to our MUN staff, with whom we bonded over writing study guides and pizza. We are thankful for all that we have – the people and the resources that helped us to empower and change the lives of so many youths in Singapore and overseas.



Year 5 Juniors chairing at council sessions |



| Delegates voting during council sessions



There were many times when I wanted to simply give up. But I chose not to, and instead grit my teeth and just powered through.

Christine:

- *Perseverance*

Whether participant, or organiser, the experience requires stamina. It is long, and can get very trying at times. There were many times when I wanted to simply give up. But I chose not to, and instead grit my teeth and just powered through. Three years of RVMUN has definitely toughened me, and I think this trait will serve me well in future.



| RVMUN 2017 staff photo

• *Teamwork*

It is a distant memory now, but in RVMUN, my ability to work with others was really challenged at times. Everyone in the team has unique and strong personalities, so we did occasionally come into conflict. What that taught me was how to manage my emotions and make compromises to work with others. RVMUN is not a one-man show, so despite our differences, we appreciate and acknowledge every member's contributions to make it a success.

• *Life-long learning*

RVMUN is a very different event from what we typically are exposed to in school. So while I have had some experience organising other events, RVMUN still presented many different challenges I never even imagined. It was a humbling experience, and it really showed me that every event is a learning experience.

What are some of the challenges you faced while guiding your juniors, and how did you overcome them?

Christine: Communication was definitely a challenge. All of us are quite stubborn, and we hold onto our beliefs quite resolutely at times, so finding common ground was occasionally a challenge. We all were reaching for the same goal, but our methods differed, and that caused some friction at times. However, we never stopped communicating, and were eventually able to arrive at a mutually agreeable solution.

What was your most memorable moment of RVMUN 2017?

Tiffany: My most memorable moment came with the end of the closing ceremony. After seeing our participants shine and do their best after 3 days of debate, then thanking

our staff for their excellent work, I was overcome emotionally, having pulled off a successful conference. Seeing delegates elated and having our directors celebrate, I cannot emphasise how proud of our team I was and how thankful that we completed our journey successfully on a happy note. I definitely hope that our juniors will carry on our legacy and bring RVMUN to even greater heights!

What message would you leave your juniors for RVMUN 2018?

Tiffany: You have the ability to change someone else's life. You can be the grain of rice that tips the scale. Push yourselves to achieve excellence, and empower others just as you've been empowered.

Christine: Create your own unique footprint in the history of RVMUN, make it your own conference.



明理达德 卓事谦恭

立化学生理事会创立至今已是第 39 届。身为学生理事，我们始终秉持着“明理达德，卓事谦恭”的会训，时刻提醒自己理事会的职责及使命所在。

知微见著，在推行每一项活动时，我们都不断地努力完善、改进。例如，从一开始每个星期五课间休息时在食堂播放一些歌曲，到之后开放给想要表演的同学们，为他们提供一个表演的平台；从没有正规的体育赛事啦啦队，逐渐推行至每逢有体育赛事的决赛，就会号召所有支持者一同为立化人加油、打气！

每一次的进步，除了现任学生理事会成员们的付出，也离不开老师们从旁耐心的教导，细心的帮助。历届学长学姐们付出的努力、做出的贡献，我们一定铭记于心，并提醒自己要不间断开拓进取，让学生理事会更上一层楼。

我们也想感谢校长、老师以及同学们一路的支持，若没有他们适时地给予具有建设性的反馈和良好

的建议，我们也不可能推行那么多的校园活动。展望未来，学生理事会将再接再厉，与大家一同打造更加美好的立化校园生活！



Ying Hui (extreme left) with
Teachers-in-charge and Vice-Chairs
of 2016 Student Council Investiture



REFLECTIONS FROM STUDENT COUNCILLORS

To some, being part of the Student Council may seem to be a glamorous job. Here, some councillors share their experiences to reveal the hard work and dedication needed to get their jobs done.

SERVICE AND HUMILITY

Being in the Student Council had been one of my innermost desires ever since the 2013 freshman orientation. I was inspired to be like one of the councillors who organised such events. But what made me join the council was not because of my ambition but rather my belief that serving as a leader gives me the power to make other people's lives better. The mentoring and inspiration from my seniors made me enthusiastic about joining the first batch of junior councillors. Through my junior council journey and interaction with my seniors, I realised that power and authority are not all that make a person a leader. My experience as a councillor taught me that a leader has to 'know his stuff and staff'. He has to know what his responsibilities are and he has to empathise with his people. Only then can a leader

effectively work with his team and create the goal they collectively want to achieve. Thus, I joined the senior high council as I believed it was the best platform for me to touch people's lives and hopefully reach the ultimate dream of making sure RV is a warm and welcoming home for every RVian. Therefore, I chose to be the president who leads from the ground. I chose to be the over-enthusiastic oddball who strikes random awkward conversations with anyone wearing the RV uniform. I wanted to find out more from RVians – about their lives and their creative ideas on how they can make our 'home' better. I thank the school and the people for shaping me and I sincerely wish to serve and shape the future RVians to be Leaders of Distinction.

Jeremy Koh Zi Yang (5R)
President, 39th Student Council



| Jeremy Koh, President of the 39th Student Council



| Jeremy (left) interacting with Minister Desmond Lee during Y.LEAD 2017

*Lim Ying Hui,
Vice-President of Communications
of the 38th Student Council*



LEARNING AND BEING GRATEFUL

My leadership journey started off with me serving as a prefect back in my primary school and then enrolling in River Valley through DSA Leadership. I am grateful for the opportunity to be a River Valley student and therefore I stepped up to contribute to the school through leadership roles such as being a Chairperson in Year 1, being a Facilitator Coordinator during Year 1 Orientation and proceeding on to become a Junior High Councillor. It was my Junior High Council journey that motivated me to run for the 38th Cabinet Council as I felt that there is so much more that I can do for the school through Student Council.

Throughout my 3 years in Student Council, I had opportunities to plan various events for the school such as the Team Leadership Training Camp that honed my leadership skills. More importantly, I had the chance to share my experiences with the fellow student leaders. We learnt from, and sparred with, one another.

It was through such platforms that we improved so that we could contribute even more as individuals, such as through CCAs or in class, thereby bringing RV to greater heights. Furthermore, the Student Council gave me chances to interact with the School Leaders directly, encouraging us to understand better the school's point of view with regard to various issues. As the bridge between students and school leaders, we learn to see from various perspectives, strive for consensus and then initiate changes such as revising the regulations for school shoes by gathering opinions about The Ideal Senior High Image. In all the initiatives that we have worked for, we always gave our very best, balancing the needs of all stakeholders to serve the school and the student body. RVSC has really helped me to grow as a person, as a leader and has taught me so much more.

Thank you, RV, RVSC!

Lim Ying Hui (6M)
Vice-President of Communications,
38th Student Council

**Besides, the friends and teachers
in Student Council are the ones I
can trust because they never fail to
support me in one way or another.**





| The 39th student councillors and teachers of council

BEING ENRICHED, ENRICHING OTHERS

It all started during my Year 1 Orientation in 2014. I was inspired by my facilitators as they interacted with me when I was new to the school. They were also the ones who welcomed me with great enthusiasm and passion. That was the moment when I decided to be part of this Student Council family. I was motivated and inspired by their actions and support. Despite not knowing anything about SC, I could feel the warmth and love that SC brings about, and that was definitely be a great support throughout my life in RV. I have served in the Student Council for 3 consecutive years and I have never regretted my decision to be a part of this family. I am extremely grateful for this team which constantly provides me with opportunities to lead, and more importantly, to learn and grow. There may be many ups and downs along the way, but these have shaped me to be

a better person. Besides, the friends and teachers in Student Council are the ones I can trust because they never fail to support me in one way or another. The Student Council gave me opportunities to give back to the school, which is important to me as I want to thank the school through service. One example was when I chaired Year 1 Orientation in 2016. My team and I did our best to inspire and bring the RV passion to our juniors. These 3 years taught me that the Student Council is a place where the seniors are able to pass their batons of success to their juniors and allow the next generation of leaders to learn and be better so that they could build on the achievements of the past. With the Student Council, my life in RV became much more enriched and exciting, and I really appreciate this platform which encouraged me to be a better person.

Kenneth Kwan Yu Heng (4B)
Chairperson, 39th Junior High Council



| Kenneth Kwan,
Chairperson of the 39th Junior High Council

Rooted in Humanity: Caring for Others

In their professional lives, RV graduates continue to exemplify the spirit of care and concern that was developed in RVHS, using their skills and knowledge to benefit others. From physical well-being to legal advice, these RVians make it their mission to develop and benefit others.

In this section, several alumni share how the selfless attitude that was cultivated at RVHS has shaped their desire to help the community.



成荫： 关心别人

在他们的职业生涯中，立化毕业生始终秉持他们在立化养成的关爱精神，以普惠社会为使命，运用他们的技能和学问来造福他人。

在这一节中，几位校友分享了立化中学的价值观如何塑造了他们奉献社会、服务社区的有意义的人生。





A Lifelong Learner

By A/Prof Tan Seng Chee
(Class of 1981)

HOW THE PASSION FOR LIFELONG LEARNING BEGAN...

What do I do for a living? I am a researcher of learning sciences. I study how people learn, and I examine how to design instructions and learning environments for more effective learning to take place. I publish my research findings in academic journals as a means of contributing to the new knowledge base for the community that cares about such findings. Teaching and supervising graduate students are other important aspects of my job; that's the way that the community grooms new members to sustain the research in the field. Beyond these glamorised job descriptions, what I do can be succinctly summarised as a *learner* and a *teacher*. In order to do my job well, I have to know how to learn effectively. Thankfully, this isn't too difficult for me because I truly enjoy learning. For example, I started to learn how to sing and play the piano only after I turned 40, and now that I am into my 50s, I am still taking table tennis lessons. I must qualify that it doesn't mean I am a competitive table tennis player, or a good singer, and I certainly will not even call myself a pianist, but that's the point: I learn because I like to learn, not in pursuit of any achievement or title. Learning, by itself, is sufficiently rewarding. My passion for learning can be traced to the days when I was a student in River Valley High School, from 1978 to 1981.



Group photo with graduate students in 2014



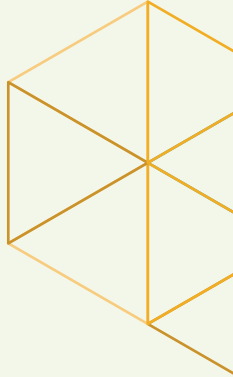
It must be divine intervention that I went to River Valley High School for my secondary school education. In those days, we chose a school merely based on the proximity of the school to where we lived, more than any other factors. I happened to live at a neighbourhood called York Hill, not too far from the school. The name *York Hill* might conjure a pompous image; it can almost pass as the name of a British town. But it was actually a poor-man's district where one or two-room rental HDB apartments were located. Fortunately, coming from an underprivileged family didn't matter at all in River Valley. In fact, I wasn't quite aware of it until years

later when I was assigned to visit the "poor" families situated where I used to live, as part of a leadership training programme. What a revelation to me, and what an irony. In River Valley, there was no peer pressure from flaunting material wealth or glorious family history. The values of equality and harmony, as we recited every morning in the Pledge, were very much alive in our school life. I had a friend who lived in a bungalow and was driven to school in a Mercedes, but that didn't attract any envy from the rest of us, the bus commuters. Our friendship endured the test of time; in fact, we just had a class gathering a few months ago.





Seng Chee with
his form class 4A



More critically, beyond academic pursuit, I learnt to persevere and work hard, and believed that hard work would eventually pay off.

LIFE LESSONS FROM RIVER VALLEY

In River Valley, I felt like a privileged apprentice, eagerly taking in all the knowledge and skills from the masters as much as I could. It helped, especially with classmates who were equally passionate about learning. We competed and challenged one another to do well in tests and examinations, and constantly asked teachers for more homework! What a crazy bunch of students. Fortunately, we had many dedicated teachers who were instrumental in our growth and development in those formative years. I won't name all of them here, but suffice to say that we regarded each one of them as a hero who made an impact on our lives. That nurturing environment might

have subconsciously influenced my career choice, and I became a teacher and chose to teach in River Valley in the 90s. More critically, beyond academic pursuit, I learnt to persevere and work hard, and believed that hard work would eventually pay off. Intriguingly, years later when I became an education professor, I learnt that this is what educational psychologists called the growth mindset, an important belief that is common among successful learners. A learner with a growth mindset believes that intelligence is changeable, that effort counts, and that learning goals are more important than gaining recognition. Even now, this is still the mindset I hope to instil in all students under my instruction.



Seng Chee (first from left) as a student librarian

Besides the regular lessons in River Valley, I also joined the school table tennis team, functioned as a librarian, did gardening, learned a little computing (when the personal computer was first launched), and participated in the Chemistry Speech Contest. In those days, we had a simple motive for joining CCA and competition – for pure fun and enjoyment rather than to accumulate points to gain entry into a choice JC. It turned out that those CCAs had a deep impact in my later life. The table tennis training helped me build up basic physical fitness, and more importantly, bestowed on me the ability to enjoy a sport till today. I went on to major in Chemistry in NUS, and became a Chemistry teacher in River Valley, thanks to the interest

CNY gathering with RV students in 2015 |



| Conducting a class at NIE in 2015

seeded in me through the Chemistry Speech Contest. In fact, years later, I had the opportunity of leading a team of River Valley students who clinched the champion title in the same competition. In addition, that little exposure to computing must have ignited my interest in meddling with computers. Today, a large part of my work revolves around computers. My research interests include computer-supported collaborative learning and other types of technology-enabled learning.

Today, I continue to benefit from the bilingual education that gave me the key to access a wide spectrum of wisdom, knowledge and creation in this world.

Surprisingly, what I appreciate most from River Valley was the Chinese education. In 1978, one year before the SAP policy was implemented, we were the last cohort of students who were truly Chinese-educated. We took Chinese as the first language and English as the second language in our GCE 'O' Level examination. Many Chinese educated adults might lament their misfortune in attending a Chinese school, and complain about how their poor command of English contributed to their trials and tribulations in life. Unfortunately, many Chinese-educated students were labelled with the derogative moniker "Chinese Helicopter." Well, not for RVians. The school had the foresight of giving us quality education in both languages – the ideal of bilingualism was enacted even before the SAP scheme was implemented. Today, I continue to benefit from the bilingual education that gave me the key to access a wide spectrum of wisdom, knowledge and creation in this world. I indulge in reading English books and academic journals, and have the pleasure of enjoying Chinese poems, literature and many marvelous songs from China and Taiwan. Interestingly, as I read the newspapers of both languages, it became apparent to me that the coverage of the topics and the choice of headlines could be quite different. This recognition that cultural differences could influence our world views and perspectives helped me to appreciate the diversity of views, and that the ability to empathise with others is critical in a multicultural society. Today, one of the pedagogies I am promoting is the knowledge-building community, where empathy and diversity of views are not only cherished, but also harnessed to help the whole learning community advance in learning.



Associate Professor
Tan Seng Chee

REFLECTIONS

As I reflect on my life's journey, there is a serendipitous realisation of how River Valley High School's motto – 立德立功 化愚化顽 – has been a North Star that directed my path in life thus far. As I learn and develop myself personally, I am also guiding others in the quest for knowledge and wisdom. That's what I do for a living! And, by doing so, I contribute to society through my work in education.

To past and present RVians, let us be living models of our school motto, and pass on our tradition and culture to future RV students.

愿我立化，能与日月争光兮，与天地共久长。





Small Nudges Can Make A Huge Impact

Natasha Koh Sze Sze is a Year 4 Computer Science undergraduate. During her RV days, despite her time-heavy commitments in Cabinet Council, she immersed herself in a diverse range of activities, including film studies and production, Infocomm Club, and community service – all the while regularly entering (and winning) writing competitions. Her insatiable curiosity and desire to serve others developed symbiotically, and today her computing skills have given her a very specific area in which she develops others and contributes to the community. She writes to encourage RVians past and present to appreciate the lessons from those around them and to contribute likewise.

| Natasha (3rd from right) and friends revisiting RV's Malan Rd campus in 2011



Natasha and project mate, who is also an RV alumni, proudly showcase their brainchild 'Taxibot'

Hello RVians!

I'm Natasha from the class of 2013. I'm a Year 4 student pursuing an Honours degree in the School of Computing (NUS). Since my RV days, I've loved working to serve others. Today, that hasn't changed – you might say I definitely landed in the right field, as I love tackling complex coding applications to help better the lives of others!

In the first half of 2017, I worked on projects that have helped fellow human beings in one way or another. For example, I worked with my Computing classmates on an open source project to develop a healthcare data management system for cervical cancer screening in Ethiopia. In another instance, I built a chatbot called "TaxiBot" that serves Uber, Grab and Comfort promotion codes to thousands of cost-conscious Singaporeans. While these apps seem to serve disparate functions and stakeholders, they share the ability to meet someone's needs, easing even the mundane bits of their lives. It's easy to underestimate the emotional toll that such routine chores have on our lives.

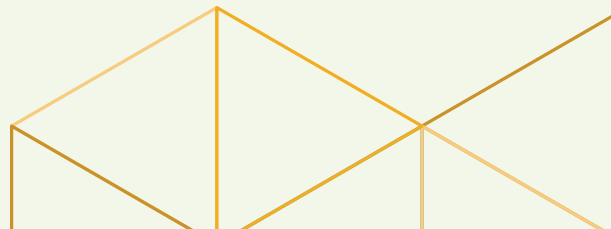
While I'm proud of these successful projects, what's often left unsaid is the process that preceded the outcomes in order to ensure success. I owe much of what I have achieved to those people I encounter along my journey and their dedication to sharing valuable lessons without asking for anything in return. Indeed, the memories created with my amazing classmates and project partners are priceless and indelible, and they are rewarding in a way that cannot be quantified.



That's why I love sharing my knowledge with the community. In March 2016, I met with some Year 4 RVians at a Fireside Chat during their Education and Career Guidance Experience, where we discussed topics ranging from developing good study habits to university life. In early 2017, I also met with Computing students from Mr Zhou Peng's class to share my interest

in Computer Science and what it is like pursuing higher education in the field. In addition to my visits to RV, I also volunteered for a "CS Unplugged" programme organised by my faculty, where I spent a fun-filled afternoon teaching Computer Science to primary school students through puzzle games and other activities.

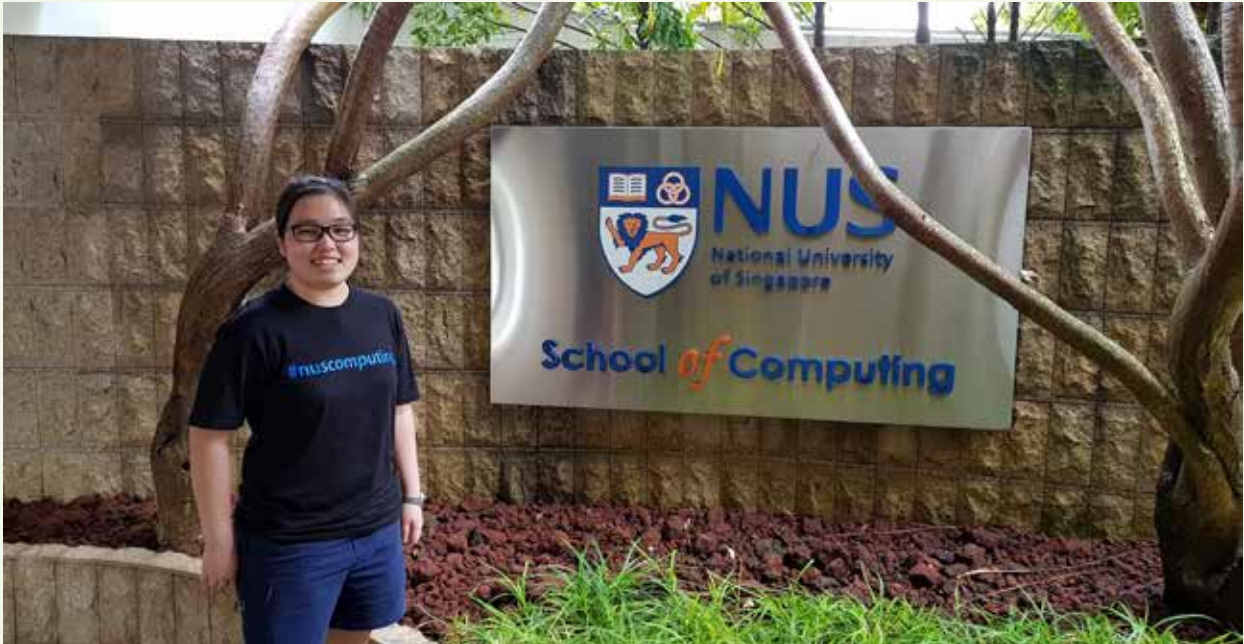
**...we never need to look far for
examples of people who have
changed us for the better.**



In fact, we never need to look far for examples of people who have changed us for the better. When I was still an RV student, I had many teachers work hard to guide me when I was stuck on a problem or when I just needed a listening ear. Teachers spend their free time to be with students during out-of-school CCA activities and camps to look after us. They share their knowledge and offer advice to us so that we can all become better.

I fondly remember an incident when I was in Year 1. My English teacher, Mdm Connie Chan, instructed us to write a 200-word journal entry in prose. Instead, I tried to be cheeky and chose to submit my entry in the form of a 200-word poem as I was curious about that genre. I thought I was going to fail that assignment. Surprisingly, Mdm Chan gave me a 'star' sticker, a few encouraging comments about my piece and allowed me to write all my

*Natasha at the School of Computing -
where the future happens!*



| Natasha (extreme right) volunteering with primary sch students at a School of Computing event

journal entries henceforth as poems! I subsequently developed a love for poetry which heavily influenced me in my study of natural language processing, an area of computer science involving linguistics! More importantly, Mdm Chan gave me the courage to learn, and to fiddle and experiment with new things. It is only with hindsight that I know how influential her encouragement was in my decision to pursue a career in Computer Science.

To my fellow RVians, we enter every phase of our lives led by stray wisps of lessons from those who journey before us. You may never be able to rightly measure how much impact someone has had on you, so just make every 'thank you' count and continue the virtuous circle in your own way!



Strength of Mind, Body and Heart

By Ng Juen Lin (5P, 2017)
Lim Yi Jun (5Q, 2017)

FROM ENGINEERING TO EXERCISE

Shereen Ng (Class of 2011) sat opposite us as we made ourselves comfortable in the cosy room that was decked in white. A few motivational posters hung tastefully on the wall. One could not help but notice the lively energy which emanated from her, hinting at her enthusiasm and welcoming aura. After a few pleasantries were exchanged, the conversation quickly took off.

Twenty-four this year, Shereen graduated from the Nanyang Technological University of Singapore (NTU) a few years back and was a participant in the prestigious Renaissance Engineering programme. If one were to look at her current endeavour, one would definitely be surprised. After all, her

current venture involving a fitness enterprise shares few similarities with engineering. Why such a drastic career change?

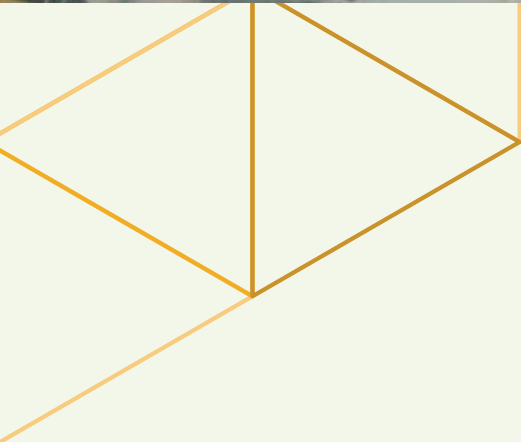
After graduation, Shereen created Strong Mind Fit Body (SMFB), a social enterprise which strives to deliver fitness-related experiences to connect people across generations, as she was interested in strength training one or two years back and realised its importance. "I first started it because I wanted to make strength training more accessible," she explains. "It provides functionality and increases leg strength, and these are the necessary qualities which enable mobility." Furthermore, she

notes that the gym was (and still is) a very intimidating setting, and the only alternative to the gym was rehabilitation, an unattractive option for many.

These factors led to the creation of SMFB, an endeavour which she began with her sister. There was also a side-goal to it – "I wanted to bring the community together."



| Shereen leads volunteers in a training session





**I think that there is one thing
which RV has taught me, and that
is – anything is possible.**

DEFINING MOMENTS

This made us wonder, were there any defining moments in her life which led to the creation of this vision? A moment or experience which spurred her into action? Perhaps not, but we *were* able to rewind the clock to her schooldays at RV to discover the experiences which enabled her to hone her expertise. “I think that there is one thing which RV has taught me, and that is – anything is possible. It is important to take note of the little details, and due to the fact that there were so many projects going on such as CID and several service learning projects before Project Work, I was able to experiment with events of varying scales and which required different skillsets,” she recounts.

Under such hectic circumstances, Shereen’s boundaries were continuously challenged as she learnt to acquire knowledge and skills as fast as she could outside the academic scope. These difficulties then enabled her to build her confidence – “As long as you put your heart into it, you are able to do it.” It is all about self-empowerment, she relates, and this could be traced back to one of the more defining moments in RV: choosing a CCA. When she was in Year One, she picked NCC as her first choice even though her parents were not supportive of it, and this made her realise that making little decisions like that was a way for her to assert her identity. In her words? “My parents have always told me that you should do this and that, but in the end, I learnt that actually *I* could make a decision for myself.”

RESILIENCE AND EMPATHY

SMFB did not exactly start off with a bang either. Hoping for it to be organic, Shereen did not have high expectations at first and was not anticipating a high turnout rate. As such, the biggest struggle was not planning for logistics, but participation. In order to attract residents, Shereen printed flyers and walked around neighbourhoods to distribute them. “The biggest challenge is to put yourself out there. It is not like in school where people would willingly listen to your presentation,” she shares. “When you are out of school, you’re out in the public, and everyone has the right to accept or reject your invitation. The fact that it is your own personal project makes it worse.”

Currently, SMFB events are hosted regularly in five neighbourhoods. However, Shereen also plans to expand SMFB into a nationwide movement and is currently in discussion with potential partners such as Community Development Councils and the Housing and Development Board.

Although SMFB was originally fitness-driven since it was created to encourage community bonding via exercise, it became less focused on fitness over time and brought about an unintended consequence as the number of participants increased. The result? Enhanced inter-generational and inter-racial bonding. “When my participants tell me that their joints feel looser and I observe different races and age groups interacting, it gives me the strength to keep on going.”

As the interview neared the end, Shereen shared with us the overall impact she aspired to achieve: creating a world where we are able to age courageously. “Aging is a universal experience,” she remarks. “If you treat people kindly, it will enable our world to be founded on empathy and positive emotions.”





Beyond Black and White: Colouring Lives



| Allen (seated, front centre) and his uni course mates

| By Allen Sng Kiat Peng
(Class of 2011)

**WHILE FATE MAY NOT BE KIND
TO EVERYONE, MOST OF US
HAVE THE ABILITY TO MAKE
LIFE BETTER FOR OTHERS.**

As an undergraduate with the NUS Law Faculty, I have had the opportunity to experience legal practice in the public sector. In July 2015, fellow undergraduate Boon Xin and I co-headed the newly initiated

In-Person Deputyship Application project at NUS Pro Bono Office. Our team has helped several parents apply to be deputies for their children who lack the mental capacity to make decisions. Beyond this, I have also been involved with other pro bono work, such as helping with an employment dispute case, and more recently, assisting the Family Courts with law reform.

I CHOOSE TO SERVE, BECAUSE I WANT TO MAKE LIFE BETTER, ESPECIALLY FOR THOSE WHO HAVE HAD A BAD START IN LIFE THROUGH NO FAULT OF THEIR OWN.

I drew such a short straw myself. While I was still a toddler, my father, a contractor, undertook a big renovation project. However, after completion, the client-debtor did not pay up. At that time, my family's savings were already exhausted from paying off the suppliers and workers for the project, and we had to borrow money from family and friends to litigate, which, on hindsight, was a poor decision. We won the case, but the debtor absconded without paying. To enforce the judgment, our lawyer told my father he needed to pay even more legal fees. We gave up pursuing the debtor, and my parents spent many years trying to pay off their debt, even selling our HDB flat and using the proceeds to do so. The entire episode set my family back financially for almost two decades.



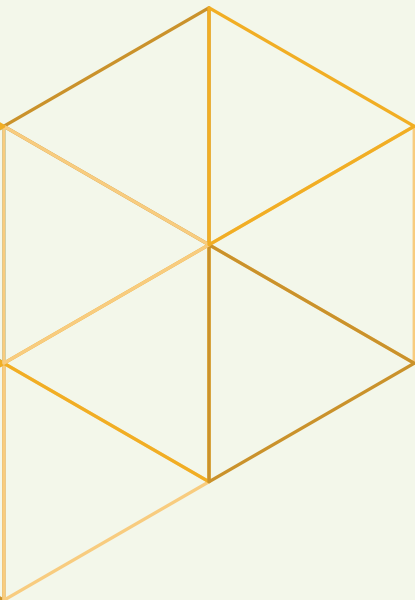
Allen (left) and other winners at the NUS Law Pro Bono Awards ceremony (Photo from Straits Times)

SOMETIMES, A LITTLE HELP AND SUPPORT IS ALL SOMEONE NEEDS TO GET BACK ON HIS FEET AGAIN.

After the incident, my family received a lot of help from family and friends. My family doctor, a close family friend, would help my family by giving my mother formula milk samples for my sister and me. Till today, he gives my family free medical treatment; his son, a dentist, recently helped me with my dental issues. My mother's ex-colleagues would donate their children's old clothes and books. Various financial aid and bursaries helped my family tide over some of the most difficult periods of our lives. Fast forward some 20 years, and now I have the privilege of studying in NUS Law, arguably one of the best law schools in the world. I would not have been here if not for all the help I have received.



Allen (left) with Professor Ruby and Boon Xin, his co-head of the newly initiated In-Person Deputyship Application project at NUS Pro Bono Office



A single act might seem small and insignificant to us, but it could be the very life-rope which tides the recipient over another day.

LIFE IS HARD; WE OUGHT TO BE KINDER AND MAKE LIFE EASIER FOR ONE ANOTHER.

My pro bono work and personal experience have shown me that there are many with less than us, whom we can help. To those who can give, never underestimate your acts of kindness, for they may very well save someone from despair, and give hope and strength to live on. For those who *have* received, pass on that act of kindness to another! A single act might seem small and insignificant to us, but it could be the very life-rope which tides the recipient over another day.

BLOOM WHERE YOU ARE PLANTED.

Serving the community does not require traveling to a developing country – in our backyard there are those who need help. RVians, as high school students, you already have the ability to make the world a better place: help tutor needy primary school students in your neighborhood, or volunteer with a nursing home to organise activities. After your higher education, you will be equipped with even more skills to help others: doctors can offer free medical help for the needy, like my family doctor did; business professionals can offer advice to vulnerable groups on how to manage their finances. Whichever profession which you embark on, there are always ways to give back to society.

Allen (2nd from right), with friends during the NUS Law Pro Bono Awards ceremony



Branching Out: Changing our World

Our RV alumni contribute nationally in diverse areas. From biomedical research to overseas partnerships, they have spread both the Singapore and RV spirit far and wide. Their values of compassion and dedication leave positive impact whether at home or abroad.

In this section, we are gratified to learn from their experiences and life lessons, and hope that they will continue to inspire future generations of RVians.



伸展： 改变世界

我们的立化校友在不同领域贡献国家。从生物医学研究到海外合作，他们都把新加坡和立化精神发扬光大。他们的同情心和奉献精神对国内国外都产生积极的影响。

在本节中，我们很荣幸能够从他们的人生经验中学习，希望他们的精神继续鼓舞未来新世代的立化学子。





Navigating the Twists and Turns of Life



Zi Liang aboard the US Navy warship USS Coronado
when it was docked at Changi Naval Base in May 2017

Zi Liang (second from left) exploring Manila with the Singapore journalists and the Philippine liaison (first from right) after APEC 2015

By Chong Ziliang
(Class of 2001)

FROM RIVER VALLEY...

One of the activities that I looked forward to every year as a scout during my River Valley days was the annual Job Week. During that week, I would be one of the thousands of scouts fanning out across the island, offering to do sweep the floor, water the plants, or carry out other simple tasks in exchange for a donation to the Singapore Scouts Association.

Job Week gave me the chance to travel around Singapore and see different aspects of the country, all while hanging out with my friends. I grew to love being on the move. But most of all, I got to meet different people and speak to total strangers, trying to persuade them to support my cause and learning to take rejection in my stride.



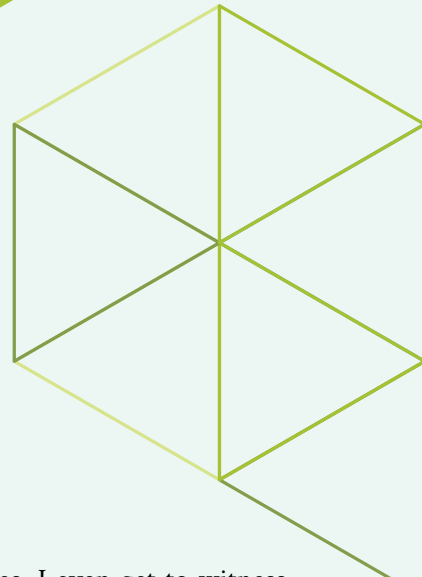
It fell to the small band of Singapore journalists to report... from a Singapore perspective so that readers back home could see what it meant for a city-state whose lifeblood is world trade.

...TO THE STRAITS TIMES

These days, much of what I picked up as a teenage scout is put to good use in my job as a reporter with The Straits Times. Being a journalist has brought me to crime scenes in Bishan, political rallies in Hougang, and even international government conferences in Peru. I still speak to total strangers, but instead of asking for donations I now solicit their views. And yes, getting the door slammed in my face is still very much par for the course.

But getting rebuffed occasionally is a small price to pay for having a front-row seat to history in the making.

Singapore has a reputation as a staid and boring place, but try telling any journalist that. I'll always remember interviewing a woman on the same day she survived a 12-storey fall. Or the sense of bewilderment as I walked endlessly to try and determine the length of the queue to pay respects to Mr Lee Kuan Yew in Parliament House. Or the raw emotion from voters on display during the two general elections in 2011 and 2015 that I covered. Whoever said Singaporeans were apolitical? These are stories I will carry with me throughout my life.



Sometimes, I even get to witness momentous global events. Just weeks after the shock victory of Donald Trump in the US presidential elections, I flew off to Lima, Peru to cover the annual APEC Summit. It was the first major gathering of world leaders after Trump clinched the presidency, and it was sobering to watch heads of state trying to make sense of the shockwaves to the world order. It fell to the small band of Singapore journalists to report on the lurch towards anti-globalisation from a Singapore perspective so that readers back home could see what it meant for a city-state whose lifeblood is world trade.

Zi Liang (far left) with other journalists in the Straits Times newsroom

PERSEVERANCE AND ITS REWARDS

As for that perennial challenge of getting people to simply talk to me, perhaps the most difficult but also most satisfying was getting the Singapore Gurkhas to open up to me over the years. During an internship in Nepal, I was acquainted with some retired Gurkhas and their children. This led to my final year project about the secretive but crucial work they do to keep Singapore safe, as well as the issues they face upon retirement. As I documented their stories, I realised the trust placed on me to handle the information responsibly and fairly. It was one of my first encounters with the weight of the job.

These efforts culminated in *The Invisible Force: Singapore Gurkhas*, a book I published together with a partner who worked with me. Although it was indeed validation that

a publisher deemed the work good enough to print, the look of delight on the Gurkhas who set eyes on the book was all the more rewarding.

LIFE LESSONS

Although it has been more than 15 years since I graduated from River Valley, the invaluable life lessons that I picked up there still stay with me. As a scout, I got to experience independence from a young age through countless camping trips, a trait that helped me immensely during my National Service in the army. Some of my closest friends today remain my secondary school friends. Indeed, my clique of scouts and guides friends still meets about three times a year.

For those of you who are anxious about not knowing what your next step is after River Valley, know that life often takes many twists and turns

before depositing you where you were always meant to be. Count your lucky stars that you don't even have to make a major decision at 16, unlike us who had to choose junior colleges back in the day. It's perfectly fine simply having a general direction without concrete plans at this stage. I, for one, didn't consider joining *The Straits Times* until I was in university.

For now, perhaps it's enough just to seize the moment in River Valley and make the best of your time there, so that you'll have beautiful memories to look back on, just as I do. And maybe, also learn a thing or two that might just come in handy somewhere down the road that is life.

Chong Zi Liang spent seven years at The Straits Times in various capacities, including as a political correspondent, until June 2017. He is now at Asia Pulp and Paper.



Zi Liang (far left) attends the wrap-up interview with PM Lee during APEC 2016 in Peru
(Photo Credit: Caroline Chia)



Serving with Compassion and Wisdom



By Yap Xin Yi (6N, 2017)
Tan Hui Lei (6R, 2017)

After graduating from River Valley High School, our alumni have each forged their own paths towards success. Below is an interview we held with one such alumnus, Dr Christine Cheung. She is now an assistant professor at Lee Kong Chian School of Medicine (NTU), where she shares with us her experiences and the people who have led her to where she is today.

Q: Did you imagine yourself to be where you are today after graduating from RV? Do you feel particularly thankful for anything that you have gone through in RV that you believe has helped contribute to your success today?

Dr Cheung: Thank you for the opportunity to share my thoughts with the RV community. As an Assistant Professor at the Lee Kong Chian School of Medicine (NTU), research and teaching are my twin focuses. It's a job that keeps me on my toes and challenges me to push the frontiers of science. My RV education

not only piqued my interest in science, but also inculcated core values that helped me excel. My Physics teacher is one whom we revere. She hardly smiled but had our best interests at heart. Her strict decorum on tackling all questions in the problem sheet, even those beyond our abilities to comprehend, taught us perseverance and critical thinking. I am thankful to my RV teachers from 2E (2000) and 4D (2002) who made an impact during those character-building years.

Q: Why did you choose to pursue a career in biomedical research instead of other fields?

Dr Cheung: Thomas Sydenham, an English physician, once said that 'a man is as old as his arteries'. This quote forms the central motivation of my lab's research. Vascular ageing underlies the crux of many health problems. I have always been intrigued to gain a deep understanding of how arterial diseases could contribute to heart and brain disorders. My dream is that our research could help to advance treatments through restoring blood vessel health.

Q: You were part of the founding team of Biotech Connection

Besides equipping ourselves with relevant skills to serve the industry, we need to think about creating the industry for Singapore.

Singapore, a non-profit organisation that aims to promote life-science innovations and entrepreneurship by fostering interaction between academia, industry and businesses. Why did you choose to focus on these fields?

Dr Cheung: It is important to complement our formal education with workforce skill development. The bio-industry in Singapore is not as mature as the semi-conductor or the Interactive & Communication Technology fields, for example. Besides equipping ourselves with relevant skills to serve the industry, we need to think about creating the industry for Singapore. We hope to channel enthusiasm in our life sciences graduates and scientists to get involved in entrepreneurship to create value for Singapore.

Q: What is the one opportunity you are the most grateful for that helped to further your passion/improve your aptitude in biomedical research?

Dr Cheung: I am grateful for the A*STAR scholarship which allowed me to pursue world-class scientific training in the United Kingdom (Cambridge University and Imperial College). Upon returning to Singapore, I was fortunate to be awarded an Independent Fellowship to develop my own research programme. Our vibrant research ecosystem certainly helps to broaden my perspectives and facilitate interdisciplinary collaborations with clinicians and engineers.

Q: When facing difficulties, how do you push yourself to overcome them? Who do you turn to for advice?

Dr Cheung: It is important to have mentors. I have benefited from guidance given by the teachers of my school days and mentors during the early stages of my career. I used to be impatient about getting results but my mentors enlightened me on the importance of apprenticeship. We need to adopt a 'T' shape training - acquire the breadth of knowledge and specialise deep in an expertise. Buddhist teachings also taught me to adopt a positive attitude towards solving problems.

Q: What is your motto/core belief that you stand by? Do you have any advice for your juniors in RV or any aspiring doctors/nurses/medical researchers?

Dr Cheung: My guiding principles are gratitude, compassion and wisdom. Hard work may not necessarily commensurate with success but without it, one won't get anywhere. Find a purpose in what you set out to do, as it sustains your passion. We should all bear in mind that one's career is a marathon, not a sprint.

We thank Dr Cheung for imparting such wise words. Her humility and confidence are certainly admirable traits for any person aspiring to excel in the medical field.





*Dr Christine Cheung is currently an assistant professor
at the Lee Kong Chian School of Medicine (NTU)*



丨 中新合作的典范 - 广州知识城



感恩惜福 天道酬勤

——倪伯琪学长访谈录

刘清音 (2017, 中四H)

李天傲 (2017, 中三C)

2017 年 4 月 30 日，我们采访了 1978 年从立化毕业的倪伯琪学长。尽管已经毕业快四十年了，但提起昔日的校园生活，倪学长的脸上却露出了灿烂的笑容。

好学不倦 获益良多

倪学长掩饰不住内心的激动，与我们分享了他在立化求学时的学习经验。他认为，在学校里与同学们的良性竞争激发出的好学心态是使他受益良多的经验之一。与热爱学习、努力学习的同学们互相启发、互相学习，奠定了他在日后对学习有持续的热情。而这份热情也在他日后的工作以及生活中做出了莫大的帮助。同时，倪学长也认为，在当时闻名遐迩的华校——立化中学求学，也培养了他对华文的热爱，为日后在中国的工作打下了良好的语言基础。

他提起了自己当年的化学老师。虽然他已记不清老师的名字，但他清晰地记得，老师十分有前瞻性地意识到日后科学领域的主要语言是英语，因此尽管当时在学校还是使用华文教材，但他却让学生们使用英文教科书，还点名翻译英文课文，让学生们虽身在华校的同时也能意识到英语的重要性。

主动适应 天道酬勤

倪学长毕业后远赴日本东京大学深造，并成功地拿到了新加坡政府的公共服务（PSC）奖学金。倪学长认为，有效地适应变化的环境是他取得成功的最大的秘诀。拥有二十多年国外生活经验的倪学长拥有着极强的适应能力。

1997 年他代表胜科工业常驻东京，2001 年和 2005 年，他代表国际企业发展局常驻东京和广州。2007 年他加入凯德置地常驻上海和广州。2010 年起，他加入中新两国合作的中新广州知识城，在广州建设一个 123 平方公里的宜居宜业新城市。倪学长长年协助新加坡企业到海外发展。他认为新加坡市场规模有限，企业想要做大，一定要走向国际，这也直接增强新加坡和其他国家的交流与合作，提高新加坡的国际影响力。中新广州知识城就是这样一个典型的例子。

在走向世界的过程中，许多企业家反映他们的新加坡员工担心国外的生活不如新加坡舒适，大多都不想去国外，这影响了新加坡企业的国际化进程。比较起来，倪学长却并没有太多的顾虑，接受了一个又一个的海外工作的任务，也因此得到了更多的机会与发展空间。真可谓天道酬勤。



胸怀狮城，走向世界

(在立化求学时认识的同学以及师长)塑造了今天的他…给予了他十分正面的影响，在求学期间就培养了正确的人生价值观念。

心存感恩 作出贡献

提起感恩，倪学长也谈及了自己最感激的人。倪学长先是提及了自己的父母。尽管倪学长少时家境并不富裕，但父母却努力把最好的都给了他，为他的成长打下了基础。当然，倪学长也提到了自己在立化求学时认识的同学以及师长。他认为，是他们塑造了今天的他，这个群体给予了他十分正面的影响，在求学期间就培养了正确的人生价值观念。

同时，倪学长认为拥有一颗感恩的心，也是对生活、工作至关重要的。他认为拥有一颗感恩的心会

使生活变得更加愉快，因为懂得感恩的人明白自己的成就并非完全来自于自己，同时也有大部分来自于他人的帮助。这样的人会拥有一种积极的生活态度，工作的时候会怀着更加愉快的心情。因此，周围的人也更加乐意与这样的人沟通、交流、合作。不懂得感恩的人，时时刻刻对工作、对生活都抱着消极的态度，给周围的人也带来负面的影响。倪学长也风趣地表示，一个有感恩的心的人可以给大家带来正能量，而没有感恩的心的人只能给大家带来负能量。因此，我们应该知福惜福，时刻怀着一颗感恩的心，为社会作出贡献。



志存高远 行走世界

——访问顾功垒学姐

韦泽玉 (2017, 中四C)

陆渼琦 (2017, 中三B)

一个人无论是求学、工作还是生活，一切做事的根本在于做人。一个人若品行端正，做的事情偏差就不会太大。这一路上，我们也要保有一颗感恩的心，帮助过、提携过自己的人一定要记得感恩，并把这份感恩之心化作行动，帮助其他人。



| 于剑桥叹息桥

留学之旅，情系立化

母校承载着青春的回忆，让毕业近二十年的顾功垒学姐感恩怀念至今。

1996 年，她只身一人，从上海来到新加坡，开启人生的海外求学之旅。作为立化的第一届中国留学生，顾学姐很感谢立化的老师，包括当时的华文部主任谢月馨老师与数学部主任张淑华老师，以及上海学校的老师给予她出国留学的机会。在立化的两年多时光虽然短暂，却让她感触良深。

学姐回忆道，刚刚踏入立化时，学校各部门的老师都给予她许多的关心与爱护。为了让学生们尽快适应本地的环境与新加坡教育课程，学校除了为他们安排英文课来赶上同届学生的进度，老师们也抽空带

着从他们去购买各种生活用品并招待他们品尝新加坡美食。体育老师也特地训练他们 2.4 公里长跑，让他们能更好的完成体育测试 (NAP-FA)。不仅如此，农历新年期间，不少老师也邀请他们到家里拜年，体验新加坡过年的气氛。甚至为了让他们多了解本土文化，老师也带着他们去参加马来族同事的婚礼。

青葱岁月中的求学历程，使她感受到立化的温暖与关爱。如今，虽已毕业多年，第一届留学生还是会尽量争取在每年农历新年期间和当年的监护老师团圆聚餐，保持联系，也保持那份浓浓的温情。

2016 年于首尔南山 |



剑桥泛舟 |



坚持写作，笔耕砚田

由于从小便热爱写作，到立化求学之前，顾学姐在上海念中学时已参加过当地的小记者团，也在报章上撰文发表。进入立化后，她加入了《联合早报》学生通讯员俱乐部，投稿副刊。立化的华文特选课程，以及华族文化的教育和浸濡，让她保持了对文学的兴趣和热忱，时常练笔对她日后的写作也多有帮助。为了追求做记者的梦想，学姐大学毕业后先后在《联合晚报》《优1周》和《联合早报》任职，也参与了新闻各条专线的锻炼，包括杂志和报纸的改革，市场活动和品牌营销，这些经历让她获益匪浅。

学姐认为，作为一名记者，要保持对一切事物的好奇心，懂得发问，寻找出答案；在挖掘新闻，寻找采访对象的过程中，难免会遇到挫折，这就需要坚韧的品性，这样才能把故事和新闻的多面性完整呈现给读者。她表示，记者的特殊性还在于，它不是一份朝九晚五的固定时间工作，它要求记者有敏锐的观察、深刻的思考和广泛的人脉积累，以及对各种突发状况的灵活应变，这些都给每一天增添了新鲜感。当她每每在采访中和智者对话并成为知交，就会觉得收获良多，因为每天接触不同的人和事，这使她可以从他们身上学习、汲取精华与知识。



…帮助过、提携过自己的人一定要记得感恩，并把这份感恩之心化作行动，帮助他人…

感恩立德，志存高远

大学毕业后，顾学姐进入报馆当记者，任新加坡《联合早报》上海特派员。现在，她又担任新加坡报业控股综合市场部华文媒体大中华区总监，目前的工作是拓展《联合早报》及《联合早报网》在中国的品牌影响力、文化创意，并和在华发展的企业，与希望“走出去”的中国政府机构、中国企业共同探讨借助早报，及新加坡报业控股华文媒体平台，提升政企国际知名度，让新加坡走入国际媒体的视野中。

顾学姐也认为，新加坡在未来全球竞争格局中，需要各类人才，保持新加坡始终站在前沿、具有独

特意义的国际定位。所以她希望立化学子能珍惜学校提供的优质土壤和养分，练好内功，志存高远，行走世界。

十多年来派驻中国，学姐在采访过程中遇到不少立化的校友，大家总以“立德立功，化愚化顽”这八个字的校训自勉。顾学姐表示，一个人无论是求学、工作还是生活，一切做事的根本在于做人，一个人品行端正，做的事情偏差就不会太大。这一路上，也要保有一颗感恩的心，帮助过、提携过自己的人一定要记得感恩，并把这份感恩之心化作行动，帮助他人，这是立化人一生的实践和感悟！

Acknowledgements



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ISSN 2382 – 6215